



THE CHINOOK ADVANCE

Vol. 15

Chinook, Alberta, Thursday, May 8, 1930

No. 3

Red & White Store

Special This Week

Blue Ribbon Tea or Coffee . . . 59c
Sweet Mixed Pickles 41c
Palmolive Soap 4 for 25c
Dorothy Milk 3 for 40c
Pork and Beans 4 for 43c
Shredded Wheat 2 for 23c
Rhubarb 4 lbs for 25c

We find business improving—THERE'S A REASON

Butter 35c

Eggs 20c

Acadia Produce Co.

QUALITY-ECONOMY-SERVICE

C. W. RIDEOUT

GEO. E. AITKEN

Don't Gamble With Car and Radio Batteries

**BUT BUY A
U. S. L.**

Priced from \$9.75

Fully Guaranteed

COOLEY BROS.

Phone 10, Chinook

A meeting of the business men of the village was held in S. H. Smith's store on Tuesday afternoon to discuss the question of good roads. Messrs L. S. Dawson and J. G. Connell were appointed delegates, jointly with

representatives from other towns, to travel to Edmonton on May 19 to interview the Hon. Mr. McPherson, minister of public works, regarding the improvement of the roads throughout the district and the province in general.

WHEN YOU START THAT
GARDEN OF YOURS WE
CAN SUPPLY YOUR
WANTS IN

GARDEN SEEDS
RAKES HOES

Banner Hardware

Fresh & Smoked FISH

Try Our Corned Beef

**BULK LARD
18c Lb**

CHINOOK MEAT MARKET

First Ball Game of Season

The first baseball game of the season was played in Chinook last Monday, May 5th, when the Cereal and Chinook school teams put up a real snappy battle. For the greater part of the game it looked like a walkover for Chinook, but in the last inning Cereal made a real fighting finish, which brought to our minds the final ending of the world's series last year, and scored 8 runs to win—11 to 8. Everyone got excited, even the umpire. While the brand of ball was not all good, still some very pretty plays were made.

Although we would have liked to have seen the home team win, we are always ready to cheer for the winners in good clean sport.

Ask Jim Reunie what he thinks of our local barber as an umpire.

Report for March and April

Grade I.

Jackie Wright 96
Verna Murray 91
Bobby Proudfoot 89
Harold Roseau 85
Freda Milligan 80
Peggy Lou Lawrence 78
Cordon Marr 76
Lorraine Sandman 69
May McLean 59
James Gilbertson 55

Grade II.

Rodney Brodine 88
Billie McLean 85
Edith Dawson 84
George Marcy 84
Peter Neufeld 81
Maxine Hurley 78
Freda Hornum 78
Lester Barton 66

Grade III.

Mary Schmidt 88
James Marcy 85
Robert Marcy 82
Eileen Proudfoot 81
Siegfried Peters 80
Marcel Massey 79
John Schmidt 77.2
Everett Vennard 77
Joyce Milligan 75
Jack Lee 72
Alice Gilbertson 71.2
Agnes Martens 71
Jack Sandman 70
William Hornum 68
George Schmidt 67
Isabel Vanhook 64
Rudolph Pfeifer 63
Audrey Rideout 60
Arthur Pfeifer 59

Grade IV.

Edith McLean 90
Robert Sandman 89
Teddy Demaree 84.2
Jimmy Proudfoot 84
Evelyn Vennard 83
Helena Rosenau 82
Harold Dressel 81
George Dick 80
Walter Rosenau 78
Johnny Lloyd 72
Gilbert Gilbertson 72
Virginia Dressel 68
Lorena Chapman 67
Norman Jacques 65
Evelyn Lawson 61

Grade V.

Kathleen Proudfoot 95
Chester Rideout 86
Mildred Brownell 85
Ruth Hurley 83
Jack Loader 77
Florence Marr 76
Billie McIntosh 72
Norma Marr 63
Earl Robinson 60

Weed Control Program

The Alberta department of agriculture has now completed its plans for the weed control programme of 1930.

Under the field crops branch the province has been divided into 15 districts. In each of these districts a field supervisor will be stationed. His duties will be to co-operate with weed inspectors appointed by municipal councils, and in local improvement districts, in general weed control work and the enforcement of the Noxious Weed Act.

Farmers of the province are urged to avail themselves of the services of these men. Their office centres are being advertised in this issue.

Our Opinion of the "Times"

Article No. 3

We are convinced that we have converted all pessimists and cured permanently all crepe hangers, but on the faint chance that more is needed, read this: The C.P.K. has announced their intention of spending 25 million dollars preparing for greater business and six and a half million of this sum will be spent in development work in the Peace River district this year. Does this not indicate the vision, the confidence and the faith that large financial interests see in the future of Alberta?

This work of preparing for better times and will increase in volume as our mental balance and perspective return to us. Some of us as we have shown are already in it building new additions, installing new machinery, establishing more economic methods, improving our service, etc. As times advances thousands of others will join in such work, and it will hardly be completed before new and improved facilities will be pushed to the utmost to take care of the demand just around the corner.

A warranty for implicit confidence in the future of this province is to be found in the excellent location and adaptability to the whole scale of agricultural pursuits, the variety and richness of its natural resources and the success that has been achieved in the past.

Alberta stands ready to usher in the dawn of a new era of prosperity which will attract the attention of the whole world.

On every corner we hear the sad cry, "Money is scarce." It isn't, but the aforementioned crepe hangers and pessimists, who are always ready to quit and cry "hard times"—"hard times"—have temporarily stamped the rest of us into hanging on to our money. Before you throw this away, ask yourself these questions: "How much better off are you than when you came here?" "Where could you go and better your state?" "Are you doing your share of building and preparing for the wave of prosperity that is going to overtake us in spite of ourselves?" Or—are you a crepe hanger? Be honest with yourself and Alberta. Be a booster—not a knocker—let's go.

—A. S. Nicholson.

Mrs. Ragna I. A. Gustafson

Funeral services for Mrs. Ragna I. A. Gustafson, 62 years old wife of John H. Gustafson, 1512 Twenty-second avenue west, Calgary, were conducted in Foster and Foster's funeral chapel, on Saturday afternoon, May 3, at 2 o'clock, with Rev. J. Erickson officiating. Interment was made in the Burnsland cemetery.

Mrs. Gustafson died at her home on Thursday, May 3. She was born in Stavanger, Norway, and emigrated to Canada with her husband in 1910, settling in the Chinook district. They moved to Calgary about a month ago. Deceased is survived by her husband, two sons (Wilfred and Louis, Calgary) and one daughter (Mrs. Mabel Anderson, Minneapolis).

A meeting of the members of the Chinook local of the U.F.A. will be held in the school hall on Saturday, May 17, at 8 p.m., for the purpose of electing delegates to attend the nominating convention at Cereal Hall, Cereal, on Wednesday, May 21st.

5 lb. Green Plume Evaporated
Peaches - - - - - \$1.32

Pure Blackberry Jam .54

Veg. Combination

2 Corn } \$1.00
2 Peas }
2 Tomatoes }

Fruit Combination

2 Plums } \$1.10
2 Pineapple }
2 Peaches }

McCormick's Jersey

Cream Sodas - 35c

Tomato or Vegetable
Soup 12½c

Fancy Pink Salmon
per can 22½c

Blue Ribbon Tea, per lb. 59c

Pure Strawberry Jam 55c

LUX 3 Boxes 30c GOLDEN RIPE BANANAS 2 lb 29c SUGAR 20 lb Sack \$1.35

Our Freshly Ground Coffee 45c

Our Bulk Tea - - - 49c

ALL LEADERS

QUALITY Should Be Considered as Well as Price

"CHINOOK'S LOCAL STORE"

HURLEY'S

Fresh Fruits

Fresh Vegetables

The Acadia Hotel

Caters to the Farmers'
Patronage

J. G. CONNELL, Manager

CHINOOK

Don't Get Your Feet Wet

RUBBER BOOTS & MUD RUBBERS
ARE VERY CHEAP THIS SPRING

We have a few Sets of Harness left at Very Low Prices

2nd Hand 4-Burner Coal Oil Stove for Sale

Wednesday Half Holiday Starts May 7

S. H. SMITH

Control Noxious Weeds

Untold damage has been done to Alberta's Crops by Noxious Weeds. Alberta requires the services of every good citizen to combat this growing menace.

Know Your Weeds

Learn to recognize the common weeds. Report their presence. Become familiar with their habits. Control them.

For information consult local Weed Inspector, your nearest Field Supervisor at Lethbridge, Claresholm, Brooks, Medicine Hat, Hanna, Coronation, Leduc, Red Deer, St. Paul, Smoky Lake, Wainwright, Grande Prairie,

OR

the Field Crops Commissioner.

Alberta Department of Agriculture

HON. GEORGE HOADLEY,
Minister.

H. A. CRAIG,
Deputy Minister.

We are glad to report that S. W. Warren, who had the misfortune to break his ankle about a month ago, is recovering and will soon be able to be around again. J. W. McLellan, of Heathdale, has rented his farm for the summer. It is his intention to visit Calgary, the oil fields at Okotoks and other places.

The Red Rose Tea guarantee means what it says. If not satisfied return the unused part in the package and the grocer will refund your money.

RED ROSE TEA "is good tea"

RED ROSE ORANGE PEKOE is extra good
In the best package—Clean, bright aluminum

The West Helps the East

The reduced volume of wheat production in Western Canada last year, coupled with the serious tie-up in grain shipments owing to the absence of a profitable export market, has at least had the effect of opening the eyes of Eastern Canada to certain facts which formerly they did not realize, or at all events were loth to admit did exist.

For a long period of years, even in fairly recent years, the opinion was voiced throughout the eastern portion of the Dominion that the West imposed quite a drain on the East, that the East was taxed to provide immigration, transportation, and other services for the West, and for which the East received no adequate return.

Now, apparently, this view is no longer held, for we find such an outstanding Ontario paper as "Toronto Saturday Night," which more or less reflects the financial viewpoint of the city in which it is published, featuring an article which opens with the following paragraph:

"Behind the dark curtain of wheat—the emphasis which has been placed on failure of the last crop to move—the controversy over marketing methods with the resultant propaganda—is to be found the true economic status of the Canadian west. A clear and unbiased examination of the facts—the facts alone dissociated from the passions aroused by factional contention—is vital to east and west alike. Upon such knowledge only can the confidence of the manufacturer in his commitments for the summer and fall months of the year be founded. There is no disputing the fact that the balance between prosperity and a curtailed volume of trade rests upon the West's purchasing power."

The admission, or recognition, contained in that last sentence is certainly refreshing and welcome to the people of Western Canada. Its recognition by the East must undoubtedly mean the rapid development of a better understanding between the vast sections of the Dominion which lie to the east and west respectively of the Great Lakes. And such better understanding is vital to the welfare of Canada.

The second fact which the experiences of the past twelve months have brought forcibly to the attention of the whole country is that the volume of freight traffic provided for our two great transportation systems by the grain shipments of the prairie provinces is an important, yes, a vital factor, in maintaining their net profits at a satisfactorily high figure. Not so long ago, the railway managements contended that rates for western grain carriage fixed by the Railway Commission were so low that there was no margin of profit for them in this class of business; that, in fact, there was a loss taken in the movement of western grain, which loss had to be made up out of other earnings. This, therefore, also constituted something of a grievance in the eyes of eastern shippers.

Now, however, both railways have frankly attributed the drop in their profits, in not merely the gross but the net profits, is to the heavy decline in grain shipments. In other words, they have admitted the profitable nature of the western grain business from a railway transportation standpoint.

These things are deeply significant. It is well known that freight rates on grain in Western Canada are much lower than they are on railways in western grain areas of the United States, and to that extent the Western Canadian farmer has an advantage over his United States competitor in world markets. It is, however, gratifying to know that such advantage is not gained by imposing actual loss upon the transportation companies of this Dominion.

To the West, too, it is gratifying to know that it is a vital factor in promoting the prosperity of the manufacturing industries of the East. That is as it should be. The West desires to help Canada forward. It is anxious that the settlement of its broad acres and the fertility of its soil should result in big and profitable business for the East. The West prefers Canadian-made goods above all others, and it is a source of real gratification to our people to realize that we have it in our power to confer the benefits of increased business and prosperity upon our fellow Canadian citizens east of the Great Lakes.

Out of the troublous times and somewhat bitter experiences of the last season there has come the happy realization, both east and west, of our dependence on each other; of our common interest in the welfare of each other; in our joint pride and concern in the progress and prosperity of our common country.

Establish Reference Monuments

During the summer of 1929, the Geodetic Survey of Canada, Department of the Interior, established fundamental reference monuments in fourteen towns and cities of Saskatchewan and Manitoba. The sites, usually in improved city parks, were granted by the municipalities. Each pier bears a bronze plate on which is inscribed the elevation, latitude, and longitude of the monument as established by the Geodetic Survey.

The average life of a derelict ship is 30 days, according to shipping authorities.



Reduce the Acid

Sick stomachs, sour stomachs and indigestion usually mean excess acid. The stomach nerves are over-stimulated. Too much acid makes the stomach and intestines sour. Alkali kills acid instantly. The best form is Phillips' Milk of Magnesia, because it is harmless, tasteless, does not neutralize many times its volume in acid. Since its invention, 50 years ago, it has remained the standard with physicians everywhere.

Take a spoonful in water and your unhappy condition will probably end in five minutes. Then you will always know what to do. Crude and harmful methods will never appeal to you. Go prove this for your own sake. It may save a great many disagreeable hours. Be sure to get the genuine Phillips' Milk of Magnesia prescribed by physicians for 50 years in correcting excess acids. Each bottle contains full directions—any druggist.

Average Lifetime In India Very Short

Record For New Zealand Is Highest In World

The country which leads the world in the average lifetime of its people is not in either Europe or America, but in New Zealand, where at the beginning of the decade, a male child at birth could look forward to 63 years of life and a female to over 65 years, according to the statistics offered by Louis L. Dublin, in his article "Can We Extend the Life Span?" in the May number of Harper's Magazine. In Australia the expectation of life is two or three years less, but is, nevertheless, higher than that of any country in either America or Europe. At the other end of the scale stands India, where the expectation of life reaches the amazingly low figure of 22 years for males and 23 years for females, a figure about equal to that of the people of Rome under the Empire.

In the United States the expectation of life is about 59 years, being a little less than that figure for males and a little more for females. There has been an extension of 9 years between the years 1900 and 1927. In Europe Denmark has the best standing as shown by the fact that its men may expect to live a little over 60 years and its women about 62 years.

RHEUMATIC VICTIM FOR SIXTEEN YEARS

Dr. Williams' Pink Pills Restored Her Health

Rheumatism is a disorder of the blood. Wet, cold weather may aggravate it but that is not the cause. Bad blood charged with uric acid is the reason. Re-build the blood and rheumatism will disappear. Dr. Williams' Pink Pills enrich and purify the blood and that makes good health.

Mrs. John C. McPherson, St. Mary's, Ont., writes:—"For sixteen years I was a victim of rheumatism. For eleven years I was unable to walk. Massage and chiropractic treatment failed. I was utterly discouraged till I heard how strongly Dr. Williams' Pink Pills were recommended for cases like mine. I began their use and in a few weeks the pain lessened, my appetite and color improved, and now I am able to do light housework. It is wonderful what these pills have done for me."

Dr. Williams' Pink Pills do one thing but they do it well—they enrich and purify the blood. This rich blood banishes rheumatism, sciatica, neuralgia and neuritis and promotes health. The Pills are sold by medicine dealers or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Fingerprints Are Radioed

Photographs. Also, Exchanged. Between Berlin and Buenos Aires

The police of Berlin and Buenos Aires successfully exchanged photographs and fingerprints by radio.

The prints of a criminal's ten fingers were sent in eight minutes and were received with a clearness which readily permits indexing and identification.

The radio transmission of photographs however, has not yet been so successful, but pen and ink drawings from photographs can be transmitted perfectly. Berlin radioed to Buenos Aires a sketch of its chief of police, and Buenos Aires sent a sketch of its chief of police to Berlin. Both were reproduced excellently.

Persian Balm tones and stimulates the skin. Fragrant as a flower. Cool as morning dew. Safeguards and beautifies the most delicately-textured skin. Creates complexions of exquisite charm. Adds a subtle finish to the daintiest woman. Invaluable for softening the hands and making them flawlessly white. Cool and refreshing. Daintily fragrant. Delightful to use. Chosen unhesitatingly by all women who care for feminine distinction.

Fair Booklet Issued

Under the title "Hints for Exhibitors," the provincial department of agriculture has issued a booklet that deals with exhibits and the preparation of exhibits for the World's Grain Exhibition and Conference that will be held in Regina July 25 to August 6, 1932. Copies may be secured by applying to the department. Hon. W. C. Buckle, Minister of Agriculture, is chairman of the executive Saskatchewan committee.

Heal the Sprain with Minard's.

Law With Teeth

Two thousand Austrians though several thousand miles removed from America are kept dry by a prohibition law with teeth in it. They are persons who have committed small crimes while under the influence of alcohol and who have received sentences which become effective when and if they take another drink.

W. N. U. 1336

Children's Croupy Colds Quickly Relieved

Take a saucepan or pitcher of water, place it on a spirit stove or lamp. Add half a teaspoonful of Catarrhazone to a pint of water and bring to a boil. Let the steam from the kettle fill the room so that medicated air is breathed in by the child. The distressing cough is relieved. The inflammation is reduced. Good results are quickly noticeable from using Catarrhazone in this manner. Even for small infants this treatment is ideal. Every good druggist sells Catarrhazone in 50c bottles.

Production and the Market

Dairy Products and Livestock Could Be Increased To Canada's Advantage

While Canada has been increasing her wheat acreage at the rate of a million acres a year every other major line of agricultural production has been standing still or sliding down hill. While the wheat crop goes begging the British market is calling in vain for more Canadian Wiltshires, more Canadian cheese, more Canadian condensed milk and more Canadian poultry products. The simple fact is that agriculture in this country has grown all out of balance.

This is the argument of R. D. Colquhoun, in an article in The Country Guide, Winnipeg, and there is plenty of evidence to support his contention.

What has happened is that Canada's agricultural production has gotten completely out of balance. We have a national deficit of two such important products as butter and lamb. Our Wiltshire exports are at the vanishing point. It would be no surprise to some to see this situation as it is to find Danish bacon beside New Zealand lamb on the meat counters of our cities if a change is not made. Of cheese, condensed milk and other products we are selling less abroad every year. This kind of thing can not go on forever, says Mr. Colquhoun. Production has to be shaped to fit the market. We have got to balance up. Otherwise the figures at the bottom of the column will be written in red ink.

These considerations, however, must not blind the observer to the fact that wheat growing is the chief business of large areas in the West, because these areas are adapted to cereal production and would fall as mixed farming areas.

Plan Daring Venture

Group Of Japanese Business Men Sponsoring Air Line Across Pacific

A project of inaugurating a regular passenger and air line between Japan and the United States and Canada to shorten the distance between the continents to three days is reported to have been organized by a group of Japanese business men and financed at a capitalization of \$75,000,000. Four huge airships, resembling the Graf Zeppelin, which encircled the globe last year, are expected to be employed for the regular air trips.

The Japanese government has been officially asked for the necessary permits and those behind the enterprise say they propose to go right ahead with their preparations. Seki Hoshino, noted Tokyo business man and one of the promoters, says the plan was projected last year shortly after the visit of the German dirigible. The single fare for a passenger, he said, would be \$1,500. "It may take us a year or two to complete organization," said Mr. Hoshino. "International agreements will have to be negotiated. But we are absolutely serious in this undertaking. It is a daring venture, but we believe that it is feasible and we are prepared to go right ahead with it."

Miller's Worm Powders can do no injury to the most delicate child. Any child, or infant in the state of adolescence, who is infested with worms can use this preparation without a qualm of the stomach, and will find in it a sure relief and a full protection from these destructive pests, which are responsible for much sickness and great suffering to legions of little ones.

An Odd Ornament

A human jaw bone carved with hieroglyphs and made into a pendant is an odd piece of jewelry worn by one of the prehistoric Mayas and found recently by a British archaeological expedition to British Honduras.

One advantage the Senators will enjoy now is that for whatever happens they will have a woman to blame it on.

Used-car auction sales are being held in Africa.

Campers Carry Minard's.

Lives Have Been Shortened

Men Who Saw Actual War Service Are Dying Comparatively Young

Hon. Dr. Manion, speaking before the parliamentary committee on pensions and returned soldiers problems the other day, made a statement which is highly significant. He said that of those men who served in an actual theatre of war between 1914 and 1918, very few will live to reach the age of sixty-five. Being both a physician and a war veteran, Dr. Manion has some intimate knowledge of the conditions under which men lived during these war years, and of the effect which these conditions had on mind and body. And his considered opinion is that few of them will come within five years of reaching the allotted span of three score and ten years of life.

This statement is further amplified by the figures quoted by Major Wright of the pensions department. His figures showed that 348,904 Canadians reached an actual theatre of war. Of these, some 60,000 were killed in active service. Of those who did return to Canada, however, 29,376 are known to have died since the war. There may be many more who have died and of whose deaths there has been no record, but the records available show almost 30,000 deaths in the first ten years after the close of hostilities.

This is a condition worth pondering over. The war veterans of Canada are dying off at a great rate and it is only logical to expect that the rate of mortality will increase rather than decrease during the next decade and the one to follow. Indeed, Major Wright's figures rather support the assertion of Dr. Manion that few of the veterans who served in an actual theatre of war will reach the age of sixty-five.

This is not a very cheerful outlook—for the veterans. Yet it is recognized that war conditions were such as to prematurely age many men, and to rob them of the strength and vitality that would carry them to the natural span of life. Their lives have been shortened by their service to their country. Their earning powers have been curtailed because they are growing old in body and mind although not in years. There is a difficult situation, and one in which the sympathy of the community can be given them by a grateful people.—Oshawa Times.

Douglas' Egyptian Liniment is unrivalled for speedy relief in muscular rheumatism, lame back, inflammation, burns and felons.

Prizes For Registered Grain

To encourage the growing of registered grain, the Melfort, Sask., Kiwanis Club is to supply 25 'teen age boys with two bushels of registered seed each, or enough to sow an acre of land. A cup and other prizes will be presented in the fall for the best grain.

The United States will show the best features of its "billion dollar poultry industry" in an exhibit to be sent to the World Poultry Congress in London this summer.



WRIGLEY'S
WRIGLEY'S is good company on any trip.

It's delicious flavor adds zest and enjoyment. The sugar supplies pep and energy when the day seems long.

In short it's good and good for you.



No Moths In Arctic

Woolen Mittens Seventy-Eight Years Old Are Like New

Clothes moths are unknown in the Arctic. Let a pair of white woolen mittens, hanging in the office of O. S. Finlay, at Ottawa, testify. Mr. Finlay is director of the Northwest Territories and Yukon Department of the Interior.

They were knitted—these mittens—in England, 80 or 90 years ago. A bundle of them was purchased by the outfitters of Captain Sir Leopold McClintock, commander of one of the ships that went north, in search of Sir John Franklin.

They were fastened up in a cask and cached on Dealy Island, in 1852, exactly 78 years ago.

Last spring, Inspector Joy came upon the mittens, and he used them. They are back in civilization, and look like new.

Praises This Asthma Remedy. A grateful user of Dr. J. D. Kellogg's Asthma Remedy finds it the only remedy that will give relief, though for thirteen years he had sought other help. Years of needless suffering may be prevented by using this wonderful remedy at the first warning of trouble. Its use is simple, its cost is slight, and it can be purchased almost anywhere.

A Giant Tree

A giant spruce, more than 275 years old and measuring 125 feet in height, has just been cut down in Gasburi parish in Vermont. At the root the ancient tree had a diameter of 44 inches. It was sawed into five sections, containing in all more than 118.49 cubic feet of solid wood and plenty of splints for making pulp.

Sick Animals

Welcome Minard's. It is an ideal first-aid kit for the stable. Get a bottle today.



Don't Let Foods Stale

Foods that ordinarily stale quickly will stay fresh and tempting a surprisingly long time if you cover them with Para-Sani Heavy Waxed Paper.

Your grocer, druggist or stationer has Para-Sani in the handy, sanitary knife-edged carton. For those who prefer a lighter paper put away in sheet form ask for Appleford's "Centre Pull" Packs.

Appleford Paper Products
HAMILTON DNT.

Western Representatives:
HUNTER-MARTIN & CO., REGINA, SASK.

Expect National Livestock Policy Recently Formulated Will Greatly Aid Industry

Involving the appointment of a committee of three, and federal appropriation of \$1,000,000, a national livestock policy has been formulated by the Canadian livestock co-operative organizations, following the recent all-Canada agricultural conference in Ottawa. It was announced by W. D. Mackay, president of the Canadian Livestock Co-operative.

It is proposed that the committee of three, comprising a representative of the livestock co-operatives, a representative of the federal department of agriculture and a third to be chosen by these two, have the direction of the national policy, which will involve the construction of two demonstration abattoirs, one in eastern Canada and one in the west.

Location of the western plant has not been decided yet, but there is some possibility it may be built in Regina.

The purpose of the policy is to enable producers to secure information in regard to processing, distribution and marketing, as well as production, so that not only will costs of processing be determined, but also grades may be established on a proper basis for both live animals and meat products. "It is the intention," said Mr. Mackay "to cover all phases of the industry from producer to consumer. There are serious defects in production as well as in processing, distribution and marketing."

The policy outlined is the aftermath of the Ottawa conference in March between representatives of the federal and provincial departments of agriculture and of the livestock co-operatives, when a resolution was adopted requesting the federal department, in association with the co-operatives, "to investigate the reasons for the fluctuation in prices of livestock and livestock products, and endeavor to construct a policy which will stabilize prices to profitable levels, particularly with reference to selling of such products on the export markets."

"The proposal," said Mr. Mackay, "does not contemplate any interference with the established packing industry, but the proposed two demonstration abattoirs will be in the nature of research laboratories, designed to establish the necessary spread in prices between the live animal and the finished products, to determine the possibilities of extending the range of variety of products and to ascertain the extent to which diseased animals should be a charge on livestock production." "These demonstration abattoirs would be an invaluable aid to the industry in solving problems which will doubtless arise as the industry develops. Rightly or wrongly, the majority of producers today believe they are paying unnecessary charges for a huge surplus of equipment, for excessive costs on equipment not being used to capacity and for out-of-date equipment."

"These are some of the reasons why the livestock industry is languishing and why it is impossible to persuade the producer to increase production to the point where it would be possible to meet the requirements of the British market for a continuous supply of uniform quality products."

"While livestock production has made progress in the past 15 years, it has made less progress than any other industry in the Dominion. In fact, Canada's exports of livestock and livestock products are rapidly approaching the vanishing point whereas this should be one of our big sources of national revenue."

Canadian cattle exports have dropped from 204,000 head in 1925, to 162,000 last year, and live hogs in the same period from \$9,000 to 3,900 head. Exports of hog products have dwindled from 150,000,000 pounds in 1925, to 39,000,000 pounds in 1929.



"You haven't said why you want a divorce?"
"Because I have a husband."
Guerin Meschino, Milan.

W. N. U. 1386

For the same period total marketings of Canadian cattle have declined 163,000 head, and hogs, 160,000.

"The seriousness of the trend can readily be grasped when the importance of the livestock industry to agriculture and the importance of agriculture to the national welfare is considered. Because of the relationship between agriculture and industry the problem is of as great interest to the city man as the farm resident, and it affects the welfare of eastern Canada just as it does that of the west."

"Money has been expended for research and laboratory work in connection with other commodities, and it is just as imperative that similar assistance be given to the livestock industry, at present a declining national asset. If steps are not taken to put it on a parity with other industries, all industry will suffer."

"Under present conditions the producer is afraid to increase his production. It is essential he receive some assurance that his efforts will not be met by greater losses."



(By Eva A. Tingey)



CHILDISH AND COZY

All Tingey models are created and sketched in Paris and the patterns are made in New York.

From long experiences, mothers have learned there are few cuts more suitable and becoming to the wee ones than those of the type pictured.

With today's pattern one could make numberless little dresses for little Elizabeth, Ann and Mary Jane, and, with variation of color and material, make each model look interesting and different.

The original dress is a daintily flowered thin woolen of the chaille type, was of pale yellow with pink flowers and binding. Plain blue gingham with white binds would be adorable; so would white dimities and spotted wiles with pale colored edges. Other schemes are checked and spotted or flowered cottons with contrasting edges, and wool or cotton voiles. Wash silks are also lovely for such little frocks.

This pattern may be obtained in sizes 2 to 6. It is ready for immediate delivery. It is hand cut. Pattern price 25 cents. Be sure to fill in size of pattern. Address: Farnham Department.

How To Order Patterns

Address—Winnipeg Newspaper Union, 175 McDermott Ave., Winnipeg

Pattern No. Size

NAME

ADDRESS

CITY

STATE

COUNTRY

SEND NO MONEY NOW

SHIP'S COOK (to new helper) —

"Has been on a ship before?"

Helper—"Sure. I was a gunner in the Navy."

Cook—"Well, start right in and shell the peas."

Launches "Helene"



Miss Nesta Gillies, daughter of Captain James Gillies, C.B.E., general manager of the Canadian Pacific Steamships, Ltd., who launched the "Princess Helene" from the yards of Messrs. Wm. Denny & Brothers, Ltd., Dumbarton, on April 29th.

The "Princess Helene" will have a tonnage of about 4,000 and her port of registry will be Saint John, N.B. She is intended for the Canadian Pacific Bay of Fundy service.

Who Controls Canada's Wealth

Estimates Show Largest Per Cent. Of Securities Held By Canadians

All this talk about Wall Street owing Canada does not stand up before facts.

The wealth of the Dominion is between \$28,000,000,000 and \$30,000,000,000 according to the latest figures of the Dominion Bureau of Statistics. Of this sum outside capital makes up \$5,904,000,000, or not more than one-fifth of the whole. And this one-fifth is by no means all in the hands of American neighbors. More than \$2,000,000,000 of the amount belongs to the British Isles, the United States share being \$3,470,000,000.

Further, the bureau estimates that from 55 to 65 per cent. of the securities of all enterprises on Canadian soil are in Canadian hands, and that, in addition, Canadians have invested abroad the sum of \$1,745,815,000, of which nearly \$1,000,000,000 went to the United States.

In other words, Canada's \$10,000,000 people have invested outside of their own country something like 30 per cent. of the amount that represents outside investments in Canada.

Idea Might Be Useful

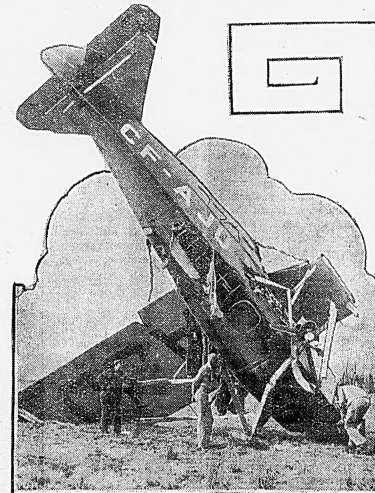
Ontario Town Has Use For Old Motor Cars

Never again will worn-out motor cars be discarded to the scrap heap in this locality. A new use has been found for them.

More than 150 motor relics were taken to Gressy some time ago and placed along the shore of Lake Ontario and filled with stone. The water in the lake is high at present and formerly the seas continually swept over the road, practically ruining it for traffic.

The automobile breaker, however, has proved successful and the road is now in first-class condition.

FORCED DOWN BY FOG



A privately chartered aeroplane bound from Montreal to New York, with Rev. Avila Papineau, rector of St. Catherine Church, and Charles Moquin and Leonard Lehan, Montreal businessmen, as passengers, became lost in the fog, and had to make a forced landing on the estate of Dr. C. H. Dunn, at Katonah, N.Y. It was reported that the machine lost a wheel while making the landing. George Pigeon, a former war aviator, was piloting the machine. The photograph here shows the aeroplane after the landing.

Prince Will Launch Liner

Hail To Throne Is Sponsor For New C.N.R. Boat

Believed to be the first time that a giant passenger liner has been sponsored by the heir to the throne the recent announcement that the Canadian Pacific new ship will be launched by H.R.H. the Prince of Wales has been greeted with great acclaim by the press in all sections of the British Isles.

The Glasgow Herald commented editorially to the effect that it is "a matter of great satisfaction to the people of Scotland that the Prince is coming to perform this important ceremony. It is peculiarly fitting that the Empress of Britain should be christened by H.R.H. for an indissoluble link between the Clyde and the Dominion has been forged to no small extent through the efforts and example of the Prince."

A tribute is paid in the same paper to the series of fine Canadian Pacific ships that have recently been built on the Clyde.

In addition to the launching of a passenger liner, H.R.H. being usual, it is remarked upon that quite a departure from precedent has been made in the fact that a lady usually performs the act of sponsorship.

The last occasion upon which royalty officiated at a passenger liner's launching was when H.R.H. the Duchess of York sponsored the 20,000 ton Canadian Pacific liner that bears her name.

Predicts Speedier Motor Cars

Will Come With Better Highways, Says Sir Henry Segrave

Automotive racing cars which will travel so fast that the human eye will be unable to record their passage are mechanical eventualities—speedsters on land which will outvalue the swiftest aircraft that have been designed for cruising among the clouds.

That, at least, is the prediction of Sir Henry Segrave, owner and driver of the world's fastest automobile, the spectacular "Golden Arrow" which was powered to attain a maximum speed of four miles a minute and which was timed at Daytona Beach at the unparalleled velocity of 231 miles an hour.

Sir Henry Segrave maintains, says "The Scientific American," that with the eventual building of super highways in the United States, and with future perfection of the ordinary motor car, American motorists will travel at speeds from 100 to 150 miles an hour during their cross country tours with as great safety as they now journey at forty-five miles an hour. He says that at present there are ten makes of cars built in England which can do 100 miles an hour or better on present tracks and the finest roadways.

May Be Lucky

Deep in the wilds of New Jersey lives a man of seventy-eight who has never seen an automobile. Well! There are a lot of angels who might have been boasting of seventy-eight years on this earth today, were it not for the fact that they failed to see an automobile. ... a certain speeding one, at least.

Development Of Extensive Fish Industry In Hudson Bay And James Bays Planned

Farming By Machinery

Mechanical Aids Have Followed Each Other In Quick Succession

Early in the day, on farms large and small, the inventor and manufacturer largely repeated their triumphs in factories and mills. Their reaper had started a revolution on the land before the Civil War. But that crude device, which merely cut the grain and left it unbound in piles, was superseded by the automatic self-binder, and later, in the First World War, by a machine that cut, threshed and bagged wheat ready for the market all in a single operation.

In 1870 the chilled steel plow, light and durable, was available at a low cost to farmers long accustomed to the heavy, back-breaking implements of the continent and provided for the tremendous area of water to be investigated it is felt the expedition will require at least two years to complete its work.

The fish explorers, as they may be called, will sail about the bay dropping anchor here and there and catching whatever fish are available. They will observe and note the varieties of fish and the quantities in which they are found, also the condition under which fishing operations would have to be carried on and the type of boats required for successful commercial operations.

Dairying As Side Line

Good Profit Can Be Made From Butter Sales

H. R. McMillan in a speech before the Vancouver Board of Trade, tells us that Canada imports 20 per cent. of the butter supply she uses.

The Ontario farmer (which, of course, includes the farmer's wife), didn't make Ontario the province it is today by buying butter. And that is one of the first lessons the Western farmer has to learn—that if he is to take care of the lean years and the poor markets—he must go into farming in all its branches—he must keep cows and make his own butter, he must raise his own poultry.

It used to be the proud boast of the Ontario farmer's wife that she "kept her table" with her butter and eggs. And most of them used to clothe the family, too, in the same way. Most farmers can not afford to pay cash for "eats" that should be grown on the farm. Specialized farming communities prosper during favorable cycles, but the lean years which invariably come, usually leave a trail of disaster for the one-crop enthusiast—Vancouver Province.

The Great Northern Plains

Area In Dominion Furnishes Pasture For Musk Ox Caribou

There is an area in Northern Canada lying between the timber-line and the tide-water of the Arctic Ocean and Hudson Bay, which includes about 500,000 square miles or nearly one-seventh of the area of the whole Dominion. Although not producing trees this area is not barren but provides pasture, in places luxuriant, for the migratory musk ox and caribou. Several exploratory expeditions have been made through portions of this area during recent years by surveyors of the Topographical Survey, Department of the Interior.

Invents Airplane Trolley

Combining the features of the airplane and the over-head trolley, Joseph Archer, a French engineer, has perfected a new electric trolley capable of a speed of 150 miles an hour. The invention will be demonstrated in Paris shortly. The car is similar to that of the airplane. It travels on a monorail. Fin-like wings projecting from the sides support much of the car's weight when in motion. It can be brought to stop within 300 feet by reversing the propeller.

Source Of Cheap Leather

Seeking to turn every part of the whale into profitable use, Norwegian whalers, with the aid of a Swedish chemical engineer, have perfected a process of converting the huge animal's intestinal membrane into a tough, almost indestructible and cheap leather for gloves.

Prospects of developing an extensive fishing industry in Hudson Bay and James Bay are scented by the Dominion Government. Some time this year the Department of Fisheries plans to send an expedition northward to find out just what fish, if any, there are in the great northern inland sea.

The completion of the Hudson Bay Railway to Churchill and the announcement of plans to push the Temiskaming and Northern Ontario Railway northward to James Bay make investigation of the fish resources of the area important. Hitherto there has been no means of getting fish out and consequently no attempt at commercial fishing. Tidal communications, however, will bring the Bay close to the great inland sea markets of the continent and provide for prompt delivery of fish to southern Ontario, the prairie provinces and the central states.

The expedition will be composed of practical fishermen accompanied by a scientist. They will sail northward in a regular fishing ship, possibly a trawler or perhaps a schooner. Owing to the tremendous area of water to be investigated it is felt the expedition will require at least two years to complete its work.

The fish explorers, as they may be called, will sail about the bay dropping anchor here and there and catching whatever fish are available. They will observe and note the varieties of fish and the quantities in which they are found, also the condition under which fishing operations would have to be carried on and the type of boats required for successful commercial operations.

Although men have sailed over and lived around the bay for centuries there is no accurate knowledge of the fish to be found there. It is known that fish are plentiful in rivers emptying into the bay but no one knows whether the coast in the bay itself. The only fishing ever done in the area has been on the small scale demanded by immediate local consumption. Consequently the only catches have been made in the rivers and in the bay about the mouths of rivers and in the neighborhood of settlements.

The department feels it is best to make its investigation early before attempts are made at commercial fishing. In this way they may be able to avoid loss to private individuals. But they will also determine in advance the regulations which should apply to any commercial fishing which might develop there and will avoid the difficulty of imposing regulations on fishermen who have already established their business.

To Take Canadian Census

Will Give Employment To 1500 Persons Next Year

Preparations are under way for the decennial census of Canada to be taken in 1931, giving employment to 15,000 persons. The whole country will be covered by information seekers, getting statistics as to population, births, deaths, migrations, sex, nationality, age and occupations. Production in all its forms, including mines, transportation, marketing, and finance will be looked into. Altogether there are 36 main headings in census classification and 50 sub-section headings.

Ice From Desert Sands

Torrid desert sands may furnish the ice of the future, and it will be twice as cold as any ice made from water. The commercial possibilities of "dry ice" from carbon-dioxide wells lying beneath the arid stretches of western Colorado and eastern Utah are being stressed by the United States Department of the Interior.



"You are short-sighted and don't wear glasses!"
"I do, but I hate them so that I only wear them when I am asleep."
Pages Galos, Yverdon.



Prices
from
80c
to
\$4.00

Watch for the SMP label
of quality on all Enamelware
Kitchen Utensils you buy.

ZIG-ZAG
Cigarette Papers
Large Double Book
120 Leaves
Finest You Can Buy
AVOID IMITATIONS

WORLD HAPPENINGS BRIEFLY TOLD

There are 27 aeroplanes in use by the Canadian Government at present. Canada has spent \$63,856 in sending delegations to the International Labor convention at Geneva, since 1925.

Earl Brydges, champion dog team driver of the world, is to become a resident of Ontario and Quebec. He is taking with him the team which sped to the world's title at the Pas dog derby this winter.

Navigation on the Great Lakes officially opened April 28, with the arrival of the "Titanic" and "Noronic," at Port Arthur, with 3,000 tons of package freight for Western Canada points.

For the eleven months ending February 28, 1930, a total of 406,989 radio licenses had been issued in Canada. Ontario with 201,941 receiving sets leads Canada. Saskatchewan has 31,266, Alberta, 20,574 and British Columbia 34,476.

The vaults of the Bank of France now hold more than one-sixth of the gold reserves of the world. France stands second in this respect only to the United States. Her present reserves exceed those of Germany, Italy and Britain combined.

So far this year, there have been 29 forest fires break out in British Columbia. The extent of the conflagrations was limited, however, with resultant damage comparatively light. There were 49 outbreaks during the same period, last year.

The body of Robert Bridges, poet laureate of England, was cremated at Golders Green, with such secrecy, that even the closest friends of the family were unaware of it. The poet's widow and daughter were among the few who were present. There were no flowers.

En route to Mayfair, Saskatchewan, where they have purchased land, Louis Nadeau, accompanied by his family and a brother and sister, arrived at North Portal from Chicopee, Mass., in a truck fitted up as a home. They are returning Canadians and made the whole trip by motor.

Industry Growing In Value
The value of the mining industry to Manitoba is strikingly shown in a report of the Manitoba Chamber of Mines, which shows expenditures for the year 1927-28-29 as follows: 1927, \$1,535,619; 1928, \$4,853,185; 1929, \$12,302,928. The wages item shows expenses in 1929 to have been eleven times as great as in 1927.

NERVES WERE BAD Could Not Sleep

Tired All Day Long

Miss Florence Coutier, Bark Lake, Ont., writes: "I was troubled with my nerves, could not sleep at night, and felt tired all day long."

"A neighbor came in to see me, one morning, and advised me to take



"The first box did me good and after the sixth box I was able to go back to my work."

Price, 50c, a box at all druggists and dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

W. N. U. 1836

Endured Years Of Hardships

Austrian Soldier Returns Home, But Is Now Italian Citizen

From the little village of Campi, near Trento, Italy, August Lorenzi, 38, departed, 15 years ago as an Austrian soldier to fight the Russians. He has just now returned after years of hardships to find himself an Italian citizen, because his village, by the fortunes of war, became Italian. Lorenzi was captured by the Russians in 1914. He was sent to Semipalatinsk, then to Tomsk, Samarra, Tambov and Gorad. He was made to cut down trees until the work broke his health.

Then he farmed out to a miller, with whom he was working at the time of the revolution in 1917. The Bolsheviks sacked the town and burned the mill, Lorenzi fled at night. He passed several years of intense misery until in 1921 he became a farm hand. It was not until the following year he was able to send a letter to his relatives in Campi. He did not then know that the war was over.

The next year, despairing of ever being able to return to Russia, he married the daughter of a farmer. In 1928 the authorities at Campi, through the Italian ambassador at Moscow, began to exert influence to allow him to return. But the Soviet government, because he had married a Russian, withheld his passport for four years. At last they let him go with only eight dollars and a few articles of clothing.



(By Eva A. Tingey)



7065

YOUTHFUL AND CHARMING
All Tingey models are created in Paris and sketched by her there. The patterns are made and adapted for American women in New York by American patternmakers.

Juniors and their debutante sisters will love this smart little frock. It has box-pleating to finish the skirt and swish jaunting about. The sections giving such a professional effect are merely tucks, and these can be omitted if preferred. Returning to the box pleats again, you will note that these are large enough to keep well pressed quite easily.

While the collar and cuffs of the original model in scarlet were of cream wash silk (the in red silk), they would also be very effective in self material or in spotted and printed designs. Navy and white always stunning for such models too, while greens, light blues, etc., are nice.

Besides reps, crepeella, kasha, granelle, fine serge, broadcloth, etc., are good. This pattern may be obtained in sizes 14 to 20. It is ready for immediate delivery. It is hand cut.

Pattern price 25 cents. Be sure to fill in size of pattern. Address Pattern Department.

How To Order Patterns

Address: Winnipeg Newspaper Union,
175 McDermott Ave., Winnipeg

Pattern No. Size

Name

Town

Berlin, Germany, will have 15 exhibitions this year.

Canadian Pacific Offer Attractive Summer Tours

Is your vacation anytime between May 15th and September 30th? If so, why not take one of two very interesting tours—at reduced rates—offered by the Canadian Pacific? Consider first the Eastern Tour and what it has to offer. It will enable the tourist to visit Ontario—with its famous lake resorts, Old French Canada—with its picturesque "habitations," and the Maritime Provinces—with the interesting fisherfolk and their equally-interesting craft. The tourist may travel to these places entirely by rail, or may choose to travel some of the way over the cool waters of the Great Lakes on a great white Canadian Pacific Great Lakes Steamship.

Various Ontario resorts at the lakeside provide fishing and bathing and, in fact, all summer sports. Niagara Falls, the beauty of which attracts so many people from all parts of the world, is one of the many other attractive features of this tour. One may, on this eastern excursion, visit Old French Canada. There the traveller will see many picturesque Catholic shrines that are scattered along the shady Quebec river. In fact, all summer sports, rolling past on their quaint wicker chairs drawn by oxen. In Montreal the visitor will see the great city, there, drawn up at the dock, is the latest ocean liner—a product of the new world, whilst—almost under its very shadow is the Bonsecours Market, where the French "habitations" sell their farm-produce just as do their relations in the "habitations" again—the excursionist may resolve to pass on as far as the Maritime—as far as St. Andrews where golfers and artists meet. In proportion to its size, there are more magnificent homes and more prominent visitors in St. Andrews than any other town in Canada.

There is Digby, Nova Scotia—the fishing centre; Parrishore—the Eastern Gate of Nova Scotia; Yarmouth and Weymouth—two more shipping centres and Old Orchard, Maine—a famous bathing resort.

PACIFIC COAST
Another fascinating excursion is that to the Pacific Coast. This allows of opportunities for the tourist to see the majestic scenery associated with the Canadian Rockies, to see beautiful Lake Louise, to enjoy a round of golf on the famous course at Banff Springs, or to stay a week or so in the Emerald Lake Chalet—enjoying the view of the mountain air and the scenery that is offered. One of the chief features of this tour in the nature of a side-trip, is a twenty-four hour motor detour which takes the visitor by way of the famous Banff-Lake Louise region, through the Kicking Horse Pass to the Yoho Valley, perhaps the most glorious and varied motor trip that has ever been offered on this continent. Then on by train through picturesque British Columbia with its multitudinous industries in Vancouver. After Vancouver—Victoria, the capital of the province, renowned for its scenic resemblance to the Old Country. At this city, the famous Colwood Golf Course, the Dominion Astronomical Observatory—with the second largest telescope in the world, and Butchart's sunken garden, are the chief attractions. At Victoria, two famous excursions are offered—a ten day cruise to Alaska, and a seven day cruise of the West Coast of Vancouver Island. To those whose vacation period is short, the famous Canadian Pacific "Trans-Canada Limited" will prove valuable for speedy travel. It is equipped with de luxe all-steel sleeping cars, solarium lounge, women's lounge and bath, men's bath, smoking room, with soda fountain, observation lounge and a valet service. It is finer and faster than ever, and the equipment of each train entails an investment of over a million dollars.

Canada Large Exporter Of Gypsum Products

Has Developed Trade With Thirty-Five Other Nations

A European trade conference dealing solely with Canadian gypsum products is scheduled to open in London, on April 30th, says R. E. Haire, head of Gypsum, Lime and Alabaster, Canada, Limited, who points out that, "in three years' time trade in Canadian-made gypsum products has developed with 35 other nations and has increased so rapidly that the company has now become the largest exporter of the materials in the world."

Dairy Production Higher

According to L. A. Gibson, provincial dairy commissioner, the winter dairy production in the province of Manitoba for the first two months of 1930 has been the highest in the history of the province, an increase for January of 0.9 per cent. and February 6.4 per cent. over 1929.

Germany's New Idea

A novel experiment in prison life in which "high grade" prisoners will be given two weeks' vacation a year, permitted to accept work from outside employers and given a share in the management of the prison, is about to be tried out in Germany.

Captain Franz Romer paddled a rubber boat from Lisbon, Portugal, to St. Thomas, Virgin Islands, 2,444 miles in 58 days. He was without escort and did not know how to swim.



New York University Given Valuable Papers

Early English Legal Documents Date Back 700 Years

A collection of more than 400 Early English legal documents, some of them dating back 700 years, has been presented to New York University by Judge Moses H. Grossman in the name of Frederick Brown, real estate operator and philanthropist.

Among the collection is a 12-foot parchment "pipe-roll," made of a series of skins sewed together and originally kept in a metal tube. It records that a sheriff, Richard Pyle of Southampton County, collected Crown revenues in 1338 from the Jews for protection from being defrauded from the knights, and "from the knights for license to defraud the Jews."

Recipes For This Week

(By Betty Barclay)

CREAM OF POTATO SOUP

4 medium potatoes.
2 slices onion.

2 strips bacon.
Wash, peel, cut in cubes, and cook potatoes in enough water to cover until tender. Rub through a strainer. There should be 2 cups mashed potatoes and liquid. Add this mixture (left-over potatoes may be used) to 3 cups of thin cream sauce (3 cups milk, 3 tablespoons flour, 3 tablespoons butter), Season to taste. Add 2 tablespoons chopped parsley before serving.

A different flavor may be obtained by adding catsup, leeks or celery instead of onion. Cut leeks or celery in very thin slices crosswise and cook in with the potatoes.

KIDDEES DELIGHT

3 cups milk.
3 eggs.
4 tablespoons sugar.
1 teaspoon vanilla.
1/4 teaspoon salt.
Few grains nutmeg.
Few grains cinnamon.

Beat the eggs until very light. Add the sugar, salt, vanilla, and spices, then the milk. Stir till the sugar is dissolved, then beat well. Serve cold.

To carry away static electricity from oil trucks, iron chains that dangle to the ground are fastened to the frames.

SUNDAY SCHOOL LESSON

MAY 11

JESUS ACCLAIMED AS KING

Golden Text: "Hosanna to the Son of David; Blessed is He that cometh in the name of the Lord; Hosanna in the highest." Matthew 21:9.
Lesson: Matthew 20:29 to 21:16.
Devotional Reading: Hebrews 1:8-12.

Explanations and Comments

Preparations For the Triumphal Entry, 21:1-6.—When Jesus and the crowd with Him approached Bethphage, on the Mount of Olives, not far from Jerusalem, he sent two disciples on ahead to make preparations for entering the city, bidding them find in the village an ass tied, and a colt with him, which they were to loose and bring to Him. If the owners asked they were merely to say "The Lord hath need of them," and he would send them. The horse was the symbol of war; the ass, the fitting symbol of the Prince of Peace.

The Triumphal Entry, 21:7-11.—The disciples followed instructions and brought the ass. They put their loose outer robes upon it for Jesus to sit upon, and the multitude with them spread their robes in the way. Some spread branches from the trees and spread them down for Jesus to travel over. "Some have ridiculed the idea of spreading branches on the road as offering incredible obstructions and dangers; and yet the orthodox custom in Russia, in a funeral procession, is to spread the route with branches of fir,"—W. A. Grist. Because of John 12:13, it has been generally supposed that the branches were palm branches, although John only mentions the fact that the people came out from Jerusalem to meet Jesus bearing branches of palm. We know from Revelation 7:9 that palms were carried as symbols of victory and rejoicing.

John tells us that many people, excited by the news of the raising of Lazarus (he records), hurried from Jerusalem to meet and do honor to Jesus, while following with Jesus was this other multitude of Galileans on their way to Jerusalem to keep the Passover. Both groups united in crying, "Hosanna to the Son of David."

Canadian Literature

Efforts Of Our Writers Should Receive Loyal Support

The Sherbrooke Tribune says: "Many a man will pay fifty or seventy-five cents for some trashy American magazine, because he cannot make up his mind to buy a single Canadian book. Often enough, moreover, these are the very people who on every possible occasion proclaim their patriotism and their attachment to the things of their own country. Either they are utterly insincere, or their taste is pitifully deformed. The very real efforts of our writers to endow our country with a rich literature and to give us on every possible occasion to claim their patriotism and their attachment to the things of their own country. Either they are utterly insincere, or their taste is pitifully deformed. The very real efforts of our writers to endow our country with a rich literature and to give us on every possible occasion to claim their patriotism and their attachment to the things of their own country."

Physicians have stated that a cough or a cold that lasts more than three weeks merits a general physical examination.

England obtained the pattern for her early churches from missionaries from Italy.

Some men make a specialty of getting into trouble.

DO YOU SUFFER FROM CONSTIPATION?

Countless remedies are advertised for constipation. Many relieve for the moment but they are habit forming and must be continued. Others contain colon and dangerous mineral drugs, which remain in the system, tie in the joints and cause acid and pain. Some are harsh purgatives which cramp and gripe and leave a depressed after effect. Avoid lubricating oils which only grease the intestines and encourage nature's machinery to become lazy. A purely vegetable laxative such as Carter's Little Liver Pills, gently touches the liver, bile starts to flow, the bowels move gently, the intestines are thoroughly cleansed and constipation poisons pass away. The stomach, liver and bowels are now active and the system enjoys a real tonic effect. All druggists 25c and 75c per box.

Important Letters Now In Dominion Archives

Canada Has Most Of Letters Signed By Sir John A. Macdonald

The first public document signed by Sir John A. Macdonald has been added to the voluminous collection of his papers gathered together by Dr. A. G. Doughty, curator of the Dominion archives. It is an affidavit signed by Sir John on October 6, 1834, upon his appointment as a poll clerk in the Upper Canada election in Prince Edward county. He was 19 years old at the time.

With the receipt of this letter, the Dominion archives now houses most of the important letters written by the first premier of Canada. Among the papers is the first draft of the British North America Act, in Sir John's handwriting.

Parachute Opens Itself

Was Pronounced Success In Test At Curtiss Field Recently

An automatic parachute which opens of its own accord after a fall was demonstrated successfully at Curtiss Field by John Rungger, a professional parachutist. Rungger, his hands tied behind him, jumped from a plane at 2,000 feet. He landed safely in a tree.

So pleased was Rungger with the chute that he said he would jump from 20,000 feet with one. It was invented by John Ruby.

Would Retate Building Stones

Suggesting that the various Canadian stones be used in rotation on projected Federal buildings, the Industrial Development Board of Manitoba has decided to place before the Dominion Government in which it is urged that future plans for building operations take into consideration the possibility of having various Canadian stones used in rotation, including the Manitoba Tyndall stone.

One of the attractions at Cannes, France, is a woman who lives on ground glass in a glass cage.

The world produced 1,323 million barrels of crude oil in 1928.

Make Your Windows Pay

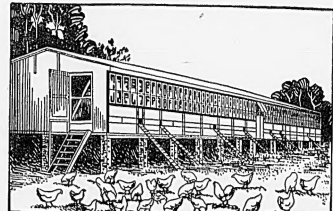
Invest in WINDOLITE Windows and you will be repaid a hundredfold in the health of your Poultry and Live Stock

WINDOLITE

THE ORIGINAL GLASS SUBSTITUTE

MADE IN ENGLAND SINCE 1917 ON ORIGINAL PATENTS

This unbreakable glass substitute is allows the full sunlight to enter, light and flexible, easy to cut and fit, will withstand extreme changes in temperature, keeps out cold and wet, but allows the health-giving Ultra-Violet Rays, which do not penetrate ordinary glass.



CUT DOWN
YOUR LOSSES
BY INSTALLING
WINDOLITE

USE
WINDOLITE
IN
BROODER
HOUSES
LAYING PENS
DAIRY BARN
SUNROOMS
ETC.

Canadian breeders of poultry and livestock are finding Windolite a most satisfactory and profitable investment. Young chickens and turkeys are entirely free from leg weakness and disease and will thrive in confinement under Windolite. Windolite comes in rolls any length, but 36 inches wide only.

Distributors: JOHN A. CHANTLER & CO., LTD.
51 Wellington St. W. - - - - - TORONTO, ONT.

MANY CHANGES ANNOUNCED IN NEW BUDGET

Ottawa, Ont.—Hon. C. A. Dunning, in his first budget speech announced: Sales tax reduced from two to one per cent.

Downward revision of the tax brought in the last year on the sale and transfers of stock.

Duty on New Zealand butter increased one cent to four cents a pound.

Trade agreement now in operation with New Zealand will be terminated on October 12.

Trade agreement with Newfoundland to be announced soon.

Long list of tariff changes.

Increases in the general tariff on steel plate and structural steel, with duty lowered under British preference.

A countervailing duty to make Canadian tariff same as country of export on certain commodities, including certain vegetables, eggs and grain.

Ottawa.—An estimated surplus of \$14,507,000 for the fiscal year 1929-30 was announced by Hon. C. A. Dunning, Minister of Finance, in his budget speech.

Together with this announcement came the important statement that "numerous and complex" changes in tariff rates are provided for.

Summarized briefly, the Minister told the House that the present budget tariff proposals involve, under the general tariff, increases in rates on 54 items and decreases on 46; under the intermediate tariff, increases in rates on 35 items and decreases on 98; and under the British preferential tariff, increases in rates on 11 items and decreases on 270. When the revision is completed, the Canadian customs tariff will consist of 1,188 items, of which 589 will be free under the British preference.

The changes proposed, the Minister stated, will have the effect of greatly increasing the British preference in the Canadian market.

The scene as Mr. Dunning made his statement to the House of Commons and the Dominion of Canada was tense with dramatic interest. On the floor of the House nearly every seat was filled. Galleries were packed. For weeks the word had gone forth that this would be the most far-reaching budget in a decade. It was referred to as "an election budget"—the pronouncement on which the government proposed to stake its political life. Long before the bells throughout the parliament buildings summoned members to their seats, impatient crowds gathered outside the public and private galleries of the Commons' chambers. Many women were there. They waited while the usual routine of prayers was gone through. Then the doors were thrown open and they flocked into the galleries.

Must Take Livestock Industry Seriously

Or Canadian Farmers Will Lose Business, Says Cattle Man

Winnipeg, Man.—Canadian farmers must look to their livestock producing as a serious industry or they will have it taken away from them, declared Col. H. A. Mullins, former member of Parliament for Marquette and one of the best-known cattle men in the Dominion here.

Just as big packing companies in the United States have undertaken to raise their own cattle, Canadian firms will be forced to do the same thing if farmers fail in this respect as they have done heretofore. In Montana, Col. Mullins said, abattoir companies are feeding 52,000 hogs and nearly 3,000 cattle.

Noted Barrister Dead

Ottawa, Ont.—Eugene Lafleur, K. C., one of Canada's most distinguished barristers, died here April 30, from pneumonia. Mr. Lafleur was prominently connected with most of the largest litigations which Canada has had in recent years. He was to have acted as the Dominion's representative on the board of arbitration which is to investigate the "I'm Alone" dispute with the United States.

Radio Stations To Fight Fires

Port Arthur, Ont.—To aid in forest fire battles, two radio stations will be operated from advantageous points in the Thunder Bay district this season. Communication will be established between observation towers and the chief ranger's headquarters.

W. N. U. 1836

Ramsay MacDonald Has Talk With Australia

Twelve Thousand Miles Bridged By Beam Wireless Service

London, England.—On April 30, in the cabinet room at No. 10 Downing Street the telephone rang promptly at 8.30 in the morning and Prime Minister Ramsay MacDonald, coming some papers in his usual chair at the head of the table, lifted the receiver and said: "Hullo, is that you, Scullin?"

Thus was inaugurated the first direct beam wireless telephone service between England and Australia. The Labor Premier of Britain conversed with the Labor Premier of Australia, James Scullin, over a distance of 12,000 miles, and the chat went on for 15 minutes. The two premiers discussed Empire problems. The forthcoming cricket test matches between England and Australia in England, and when they were likely to come together.

Though oceans and continents lay between them, each could hear the other distinctly. Others in the cabinet room had the benefit of hearing the conversation through earphones. The wireless transmission was clear throughout. Premier Scullin's voice travelling through the air from the other side of the world, was only a trifle fainter to the listeners here than was Premier MacDonald's.

"I hope the day is not very far off when we shall have the physical distance between us by air passage too," Premier MacDonald said.

Good Market In Orient For Apples

British Columbia Growers May Build Up Big Business

Victoria, B.C.—Plans for invading Oriental markets with British Columbia apples are being shaped by the provincial government through the marketing branch of the department of agriculture, following the receipt of advice from Hon. Herbert Marler, Canadian minister to Japan, pointing to the possibilities of this business. A large market awaits the B.C. fruit in Japan and China, Mr. Marler said, and the department is anxious that the fruit industry take advantage of these opportunities.

The impression made by experimental shipments from here to large markets like Hong Kong, has been excellent, Mr. Marler stated, and should enable Canadian growers to sell large quantities there in the future.

The department is also anxious to promote the shipment of canned B.C. fruit and vegetables to this country. Mr. Marler believes that a large business in this line can be built up. The need of extensive advertising to compete with huge American exports is stressed. Officials of the department will confer with the fruit, vegetable and canning industries in an effort to take advantage of these possibilities in a big way.

Studying Canadian Railway Methods

Reorganization of Their System Planned By Soviet Officials

Winnipeg, Man.—Six officials of the Soviet Republic arrived in Winnipeg to study the methods and the facilities of the Canadian National Railways with a view of producing a complete reorganization of railroad practice in Russia.

"Traffic has increased to such an extent in recent years that we find ourselves unable to cope with present needs and consequently we must reconstruct our whole railway system," said D. E. Sulimoff, Vice-People's Commissioner for Ways of Communication of the Soviet Republic, who is heading the committee in its investigations. "We are particularly interested in the heavier track, the stronger motive power and the yard facilities, none of which are found in any European country."

Manitoba Seeding Nearly Done

Winnipeg, Man.—Seeding of wheat is about 80 to 85 per cent finished in Manitoba and present prospects are favorable for early sowing of the entire grain crop, according to a summary issued recently by the Manitoba department of agriculture. A large number of farmers have all their wheat sown and are proceeding with the planting of their other crops.

Delegates From Canada

Montreal.—A thoroughly representative group of Canadian business men will leave for London, England, May 16, to attend the Federated Chambers of Commerce of the British Empire conference, starting May 28.

PRIME MINISTER PROPOSES NEW FISHERIES POST

Ottawa, Ont.—Prime Minister Mackenzie King has given notice of a motion providing a salary for a new Minister of Fisheries. Another motion standing in the name of the Prime Minister on the order paper declares that it is expedient that there shall be a new Department of Fisheries. The salary of the Minister of Fisheries is set at \$10,000, which is identical with that of the other Cabinet ministers.

The impression prevailing in political circles is that creation of the new portfolio will give Prince Edward Island representation in the cabinet. Since 1926, that province has been without ministerial representation, but it is recalled that at the time of the formation of his last cabinet, four years ago, the Prime Minister intimated that a minister from Prince Edward Island would be added. It is stated, however, that the government is considering the question whether to give the province representation through the new department of fisheries or through another department by the shuffling of portfolios.

Hon. J. E. Sinclair and R. J. Jenkins, both Liberal members for the dual constituency of Queens, and A. E. MacLean, Liberal member for Prince Albert, are mentioned for Cabinet appointments.

Another name prominently associated with the appointment is that of Dr. Cyrus MacMillan, a professor at McGill University and formerly of Prince Edward Island. Dr. MacMillan was a member of the Atlantic Fisheries Commission.

Creation of a separate department of fisheries with a minister and a deputy presiding at its head was recommended by the Duncan Royal Commission, which investigated conditions in the Maritime Provinces back in 1925 and 1926. About a year ago, W. A. F. Found was appointed as Deputy Minister of Fisheries to carry on such duties under the Minister of Marine and Fisheries, Hon. J. A. Cardin. Under the proposed legislation, Mr. Cardin will devote his ministerial energies to marine.

Another legislative proposal bearing on fisheries is for the transfer to the new department of fish oils, used for manufacturing purposes, tempering of steel and the like. This task is now being performed by the Department of Agriculture under the Inspection and Sale Act.

It is contemplated also to increase from five to seven the number of appointments which may be made by the minister of fisheries to the Biological Board of Canada.

The purpose of the change is to give an additional representative to the fisheries industry of both British Columbia and the Maritime Provinces.

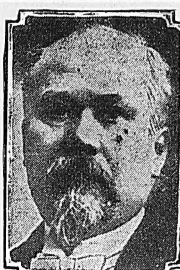
A Royal President
London, Eng.—The Prince of Wales has consented to become president of the Professional Golfers' Association, succeeding the late Earl of Balfour. The Prince always has taken a great interest in golfing and besides having held the royal and ancient captaincy has been captain at various times of several metropolitan clubs.

AN INTERESTED SPECTATOR



This photograph shows Stanley Baldwin (left), former prime minister of Great Britain, smoking what looks like a "Daves pipe," with the Cambridge coach, watching the Cambridge crew train at Putney, Eng., in preparation for the classic Thames boat race, which was won by the light-blue of Cambridge.

DEFENDS MARSHALL FOCH



Raymond Poincaré, former premier of France, has taken up the pen to defend Marshal Foch against the criticism of Clemenceau's "Grandeur and Misery of Victory."

Japan Chooses Vancouver

First Trade Commissioner Arrives To Open Office At Canadian Port

Vancouver, B.C.—Japan has appointed its first trade commissioner to Western Canada in the person of Masao Suma, who has arrived in Vancouver to open an office here from which he will seek to stimulate Japanese trade with Western Canada and the Northwestern States.

"There are busy ports in the American part of my territory," Mr. Suma said, "but the fact that the Japanese government has selected Vancouver as the site of the office indicates the importance that my country attaches to the growing trade with this port."

Japan now has diplomatic, consular and trade representation in Canada. The trade commissioner will work in co-operation with the consular service, Mr. Suma said.

The volume of trade between Canada and Japan has increased twenty-fold in the past 20 years, the new trade commissioner said.

Last year Canada's imports were \$13,000,000, and her exports to Japan were \$43,000,000, making a total volume of trade of \$56,000,000, or twice as much as in 1918.

Britain To Establish

Flour Regulations

Minimum Percentage Of Domestic Flour Required For Each Loaf

London, England.—The British Government has definitely decided to establish regulations requiring a minimum percentage of British wheat flour in every loaf, milled in Britain, according to the agricultural correspondent of the "Daily Express" to day. The newspaper adds the minimum will be varying not a fixed figure and that the government's policy will shortly be published in the form of a governmental "white paper."

May Amend Foods and Drugs Act

Ottawa, Ont.—Hon. J. H. King, minister of pensions and national health, introduced a bill to amend the Food and Drugs Act in the House of Commons recently. This provides for analysts who are employed by the provinces or municipalities, and who are not members of the department staff to be designated "Dominion Analysts" while so employed.

Manufacturing Is Increasing On Prairies

All Three Provinces Are Sharing In Rapid Development Of Industry

Winnipeg, Man.—Progress of the manufacturing industry of the prairie provinces during the past year was testified to by C. E. Harvey, of Winnipeg, retiring chairman of the prairie division of the Canadian Manufacturers Association, at the annual meeting here.

Mr. Harvey said many new factories came into production on the prairies last year, the value of products produced in 1928 totalled more than \$340,000,000, and all provinces—Manitoba, Saskatchewan and Alberta—shared in the development.

Saskatchewan, famed as a wheat producing area, can now also lay claim as a manufacturing province of importance, said Mr. Harvey. Last year the manufacturing industries of the prairies distributed a pay-roll of more than \$75,000,000, and the general public are rapidly coming to the realization that factories have a definite value to the community. Industrial workers created a "home market."

Amendment Was Defeated

Move For All-British Beer Voted Down In House

London, England.—The Conservatives lost their fight in the House of Commons for all-British beer. They had two amendments to the beer tax resolutions of the budget. One would diminish the increased beer duties proposed under the budget. The other would give a rebate on beer made from home-grown malt hops. But the chancellor of the exchequer was obdurate. He would accept neither.

Under a combined Liberal-Labor vote the first amendment failed to achieve a majority of 131. The second found an adverse majority of 128.

DISCUSS BONDING OF COMMISSION GRAIN BUYERS

Ottawa.—Methods of protecting farmers from defalcations of commission grain merchants were discussed in the House of Commons Committee on Agriculture. It was pointed out that elevator operators were fully bonded to protect persons who stored grain with them. In the case of commission merchants protection to the same extent was not afforded.

The question was raised during a discussion of the new Grain Act by Hon. H. H. Stevens (Cons. Vancouver Centre), who thought there should be some provision in the act for the bonding of commission merchants.

E. B. Ramsay, chairman of the Board of Grain Commissioners, thought commission men might be put out of business if they were required to put up higher bonds than now.

Doubt as to whether commission merchants served any useful purpose was expressed by E. J. Garland (U.F.A. Bow River). He said the business was dying out, and wondered if the services performed by these men to the trade compensated for the losses sustained through their occasional defalcations.

The commission men were an important factor in competition with elevators, said Mr. Ramsay. Their operations acted as a curb on the tendency of elevator companies to increase their charges.

In this case, Mr. Garland said it might be a good thing to raise the bonding requirements. Then those commission men who were able to make a profit from the business could still carry on and the farmers would be protected.

Strict penalties are provided in the new Grain Act for breaches of its provisions respecting commission merchants. A penalty of not more than two years imprisonment or a fine of not more than \$5,000 on indictment is provided for any person who buys, sells or arranges for the weighing, inspection or grading of western grain for reward without a commission merchant's or grain dealer's license.

Some discussion arose about this section, particularly a clause placing the burden of proof of innocence on the accused. Some members thought this was too severe and Mr. Stevens objected on the ground that it conflicted with the general principle of British jurisprudence. The committee has almost completed its routine review of the act. Many difficult and contentious sections have been left over and will be taken up at later sittings.

RESOURCES BILLS HAVE BEEN GIVEN SECOND READING

Ottawa.—Legislation for the return of the natural resources to the Prairie Provinces has moved forward rapidly in the House of Commons. Following the presentation of the budget, the bills respecting Alberta and Saskatchewan passed through the committee stage and were given second reading.

It then took up the bill providing for the transfer of the Peace River block and the railway belt in the province of British Columbia to the provincial authorities, which received similar treatment.

Most of the debate took place in connection with the Alberta bill and the Saskatchewan legislation passed with little discussion.

The discussion centred around an amendment to the Alberta bill designed to give that province certain rights contained in the agreement with the province of Saskatchewan which were not embodied in the agreement with Alberta.

The Alberta agreement for a Royal commission to investigate the financial relations between the province and the Dominion since 1906 in order to determine what sum should be paid the province, Hon. Lucien Cannon, solicitor general, explained.

The government of Saskatchewan wanted this investigation carried further back to 1870, the time of the taking over of the Northwest Territories by the Dominion. In addition, it wanted the courts to determine the validity of restrictions placed on the province in connection with education. By the amendment these rights were extended to Alberta.

Hon. R. B. Bennett suggested that following the ratification of the agreements parliament should pass an act to give full effect to the transfer which would take place when Imperial legislation was passed.

Hon. Ernest Lapointe, Minister of Justice, said the government would take the matter into consideration and would do everything necessary to carry out the agreements.

Praise For Universities

Colleges Of Canada Have Greatly Impressed British Headmasters

Edmonton.—Glowing praise for the universities of Canada and that of Alberta in particular was offered by headmasters of English schools who visited Edmonton, at a dinner given by the provincial government in their honor.

Speakers during the evening stressed the wonderful opportunities which await British boys who come to Canada to finish their education under Canadian conditions and the important part such youths might play in the building of Canada.

The dinner was featured by the meetings of former British school pupils with the headmasters, the dinner having been primarily arranged to allow such renewing of acquaintances.

Premier Brownlee extended greetings of the provincial government to the visitors.

Livestock Ranch For North

Company Interested Has Applied To Ottawa For Lease Of Land

Prince Albert, Sask.—Prairie interests planning to expend \$200,000 in establishing a livestock ranch north-east of Big River, have applied for a lease on a third of a township in the vicinity of that town. It was revealed by L. G. Patterson, Dominion lands agent. He stated the area has been inspected by those behind the project and found to be ideal for livestock ranching.

Included in the livestock which it is intended to raise are sheep and Angora goats. Mr. Patterson has been informed. The application for a lease has been forwarded to Ottawa. The names of those behind the scheme have not been divulged.

Returning To Canada

Montreal. More than 2,000 French-Canadians who have been domiciled in the United States have made plans to return to Canada, according to Monsignor J. H. Prud'homme, Bishop of Prince Albert, Sask., who has been in Montreal.

Duchess Completes Trip

London, Eng.—The Duchess of Bedford, 64-year-old aviation enthusiast, completed a round trip to Capetown when she landed at Croydon airport April 30.

Czecho-Slovakia exported \$1,617,000 worth of pencils last year.

Moderate Exercise Beneficial

If Steady It Adds To Health, But Cuts It Short If Violent

Nowadays one hears a great deal about exercise. It is fashionable to keep in trim, and a very good fashion it is too. Unfortunately, however, it is just as easy for a certain type of person to do himself harm by improper exercise as by not taking any at all. Too little is conducive to a weak constitution; too much is apt to result in very serious consequences indeed. For moderation in everything, is an excellent motto and applies with especial force and significance to this particular problem.

Man is a creature of impulse and all too frequently we see a flabby, more or less middle-aged individual who for years has given himself over to luxurious and easy living, suddenly take it into his head to reform. He feels the need for more exercise, and so he suddenly puts on a whirlwind campaign of golf, or tennis or squash that would take the energy of a man in perfect condition. Consequently when it is all over he has not only done himself more harm than good by straining the muscles and possibly organs, almost certainly overtaxing his heart and doing no good to his arteries, but he also has quite taken the edge from his desire to be a "he-man" and consequently settles down to another period of inactivity until once more a spasmodic urge moves him to action.

This sort of thing is decidedly harmful and even dangerous. Exercise should be steady, moderate, calculated to satisfy the particular needs of the individual taking it. It should continue from day to day and be kept up all the time. A good rule is, have a physician examine you before you go in for any form of recreation. The universities make this a rule. If it is a good rule for healthy vigorous young men to follow, it is certainly a better one for their fathers and uncles. Follow it, whatever your age might be, then if you observe the excellent practice of being examined regularly by your physician, you can consult him from time to time as to the suitability of the form of physical activity that you are practicing. The importance of some form of exercise for everyone's muscular development can not be over-estimated. The muscles of the body are made up of many strands and these are composed of very fine fibres. The fibres are again divided into separate parts or segments, each one of which has its own blood and nerve supply. As we all know the muscles are so constructed that they must be used often because the more work they do the stronger they become. Everyone knows how weak a convalescent patient is upon rising from a sick bed after many weeks. Similarly if a man were to tie up his arm for a considerable length of time, he would find, when he did come to use it, that inactivity had robbed that member of all its strength. Usually the best exercise one can get is something that one likes to do. Fortunately there is the man or woman who can play golf, or tennis, or swim, or play almost any game and get real pleasure out of it. Yet for those who can not there are many very simple and enjoyable exercises quite as good. One of these is walking.

A great doctor once wrote that the best way to acquire a good complexion is to take a pot of paint two miles from home and walk every day to see if anybody had moved it. But remember walking and strolling are two different things, and strolling is what most people do when they think they are walking. For one thing a good walker carries himself erectly, strides out, spurning the ground. Try the plan of setting yourself a certain distance to walk every day. If your time will allow, make it a good long walk. You will find this is one of the most excellent forms of exercise that you can take, and is in itself sufficient to keep the average person in ordinarily good trim. Select a destination two miles from your home. Start out with your

shoulders back, head up, chin tilted, arms swinging. In other words march along as though you were in the army. Wear comfortable, loose clothing and allow yourself half an hour to do the two miles. That is a programme which if carried out consistently, day by day, whenever the weather permits, will do a great deal towards improving the health of any one. Of course children are in a different class from adults as regards exercise, just as they are in most other matters, and the average small boy would get no great fun out of walking as a regular sport. But as a rule children look after their own exercise pretty well, and the parent has little cause for worry on this score, providing the child is kept out of danger and is regularly examined as every child should be by the family physician.

Children who are kept at home in houses that are apt to be over-heated and poorly ventilated are at a great disadvantage compared to the healthy happy youngsters whose mothers encourage them to be outdoors every minute of the time that is possible, so that they can build up the health which is going to mean so much to them when they grow older. For much of a child's life should be made up of tag, base-ball, marbles, kite flying, paper chases, lacrosse, bicycle riding, rowing, paddling, swimming, skating, hockey, snowball fights, skiing and sliding, each in its own season.

Of course children do not do any of these things because they think it is good for them. They play games because they like them, and if an adult will take a leaf out of childhood's book in this regard he will profit. Unquestionably exercise should be enjoyable. It should be a recreation, not a drudgery.

And of course one of the most important things about your physical programme is this: "try and keep in the outdoors." Gardening is excellent. The habit of taking photographs is an excellent one. If you have a car, leave it at home once in a while. But if you cannot get out very easily and above all regularly then here are three little exercises that you will find very beneficial if you carry them out day after day. Suppose you try them just for a few weeks every morning when you get up, every evening when you go to bed, and watch the resultant improvement.

(1) Stand erect, feet together, hands at sides. Count one, raising arms sideward and upward, inhaling through the nostrils. Count two, lowering the arms sideward to position exhaling strongly through the mouth. Repeat this exercise four times.

(2) Stand erect, hands on hips, feet spread. Count one, twisting and bending to the side, touching the hands to the floor at the side of foot. Count two, coming back to position again. Do this eight times, right and left side alternately.

(3) Lie on the floor face down, with palms of hands flat opposite shoulder pits. Count one, pushing body up until arms are straight. Hold the body straight, so that when you are up the body will be resting on the toes and the palms of the hands. Count two, returning to the floor. Do this eight times.

With these exercises you will not be getting any more exertion than you would if you were playing badminton. It just seems harder work. However, if badminton and that sort of thing is out of reach, these exercises will do just as much good, particularly if you do them in the fresh air. And if you go at them as if they are a game, and go at them regularly, your health will surely benefit.

Prince's Country Home

Is Being Put In Readiness For His Return

An open air swimming pool in the garden is one of the many features of the Prince of Wales' new country residence, Fort Belvedere, at Sunningdale, Berkshire, which is now being put in readiness for the return of His Royal Highness. Work on other alterations which the Prince approved before his departure, is being rapidly completed.

In the centre of the house is an old guard-room, built by the Duke of Cumberland in 1745. This has been converted into a comfortable lounge hall. Other rooms, including the Prince's bedroom, are directly upon this hall. On one side is the dining-room, which also leads out to the garden, and on the other a drawing-room which has been converted from an old banquet hall.

Air Ambulance For Desert

Air ambulance service has been inaugurated in the Sahara desert. It consists of eight "planes" governed by military authorities, and may be used by civilians at about 25 cents a mile. In the hot season pilots are allowed to fly only early in the day at low altitude.



W. C. CASEY

whose appointment to the position of Steamship General Passenger Agent, Winnipeg, with jurisdiction over the three prairie provinces has been announced by William Baird, steamship traffic manager of the Canadian Pacific Railway at Montreal.

Expects To Make Record

"Empress Of Japan" Will Speed Up Schedule On Pacific

While steamship lines on the Atlantic are bidding feverishly for supremacy by construction of larger and faster liners a milder form of competition is being enacted on the Pacific.

The Canadian Pacific Steamship Company is bringing to this coast a new liner which outshines anything in regular service on the trans-Pacific route.

When the "Empress of Japan," the modern version of the once proud clipper built liner of the same name, arrives here on August 19, a new race for trans-Pacific trade will be commenced.

The largest and fastest liner engaged in regular traffic on the Pacific coast will speed up the schedule of the company, giving as frequent a service between the Far East and this continent as is given by other lines with a greater number of ships.

The acquisition of the "Empress of Japan" will give the company a fleet of four liners on the trans-Pacific run. The fleet comprises the "Emperors of Russia, Asia, Canada and Japan."

While the "Bremen" and "Europa" are speed champions on the Atlantic, the "Empress of Japan" on this coast will bid for the blue ribbon on the Pacific.

The "Empress of Canada" at present holds the record of eight days 10 hours and 9 minutes from Yokohama to Victoria. The nearest that any liner has come to this is 10 days.

A Worry Either Way

A Lenoir County farmer again has deposited his \$4,000 in a bank at Kingston, North Carolina, after keeping it buried near his home since 1920, when he became frightened over business depression. It was said the man worried continually for fear the money would be dug up by some one.

Brass is used to make 35,000 different articles for household use.

A Valuable Study For Young People

Memorizing Arithmetic Tables Is Excellent Training For Mind

How often when we were little did we slum the old arithmetic table and declare that we were not going to learn any more tables because, well, what was the use of all the silly nonsense, anyway?

And now when we hear Johnny mumble like a magpie, 6x9 are 54, 7x8 are 56, for weeks on end, up and down the scale of abstract numbers, and in and out of the masses of denominations, aren't we still inclined to think that such mental gymnastics have lost none of their foolishness through the intervening years?

Well, if we hold that opinion without qualification, we are wrong. Because there is a much greater principle involved in memorizing uninteresting statistics than appears merely on the surface, and a benefit greater than the mere possession of off-hand knowledge.

Minds are like muscles, or horses, or steamboats, or airplanes—useless unless they submit to control. It doesn't matter how fine a mind may be, it cannot do its greatest or best work unless it submits to discipline. We have to make it do our bidding if we want to get service.

That is why schools continue to teach certain things that may look to many modern parents as old fogey and dead-woodish.

Arithmetic, of course, is not all rote, nor a half, nor a quarter. Its problems are a direct stimulus to reason as well as memory. But under both these functions is the smashing test of discipline. We have to break a horse to the bridle before it can plow. We have to put a snaffle on the mind, with tables and measures, and propositions and theorems, if we wish to show it who is master.

No I wouldn't be to quick to pronounce judgment on any type of mathematics in school work, unless, if may sidestep a minute, some particular work seems too far advanced for a child's years. That's not so good. To go back to the simile, you can't expect the colt to do work beyond his strength, whether he is broken to it or not. But this is no argument against arithmetic training.

It has been brought to light that a child who for reasons of illness, or inopportunity during early youth, has escaped definite mental drill of either tables or things adequate to them, often grows up without the incentive of definite aim. He develops a "what's the use?" attitude and becomes a dilettante and a dreamer. He may be a genius, but what is a genius without direction of purpose? Only static genius accomplishes anything.

So perhaps we'll not think we are being old-fashioned if we look at the clock and say to Johnny: "It's getting late, son. Better get at your tables."

"Heat lightning" is the reflection of thunderstorm too far distant to be audible.

Boy criminals are becoming a serious problem in Ireland.

HAD NOTED ANCESTOR



Latest camera study of the Earl of Stair, whose ancestor, the first Earl of Stair, is on record as having been the principal instigator of the terrible massacre of Glencoe, and who figures in this day in Scottish history as "the Glencoe Earl." The present Earl of Stair is lord high commissioner for the Church of Scotland.

Where Rain Seldom Falls

Seventy Years Drought Is Common In Parts Of South America

Many people, if asked what was the driest place in the world, would plump for Central Australia, where rain fell last year after a drought that had lasted for seven years. They would be wrong, says an English paper, for there are some parts of South America where a seven years' drought is nothing, and a man can live out the Psalms' "three score and ten" without ever seeing a drop of rain. Of course, it may rain sometimes. Lord Ernest Hamilton has described the coming of rain in Lima, the capital of Peru, during a visit he paid there. "We were fortunate enough to be favored with the only shower which Lima had enjoyed for seventy years," he writes in his book "Forty Years On." "For five minutes it rained solid tropical rain. The terror-stricken inhabitants thought the end of the world had come." But if America can boast of some of the driest places in the world, it also contains some of the wettest. Greytown, in Nicaragua, has had as much 297 inches of rain in a single year.

Shipments Were Reversed

Mink From British Columbia Sent Alive To North

The usual procedure of shipping furs from the Far North, has been reversed, and an order for three pairs of mink, bred and reared amidst the bright lights of Vancouver, was filled by J. A. Ramsford, fur farm operator, and landed on the shores of Great Slave Lake.

Instead of coming out of the wilderness to civilization as furs, the shipment went back from the seaside farm alive, as prospective progenitors of a new mink colony, and they covered the last 300 miles by airplane.

Manitoba To Have Rural Health Unit

To Make the Country As Healthy a Place As the City

Another province—Manitoba—is to try out the "Country Health Unit" plan as a means of safeguarding rural health. Dominion-wide attention recently was focused upon this plan, when H. E. Spencer, M.P., moved that the Federal Government consider subsidizing County Health Units, and the motion carried without division of the House.

Now the district of St. James, Manitoba, will establish a County Health Unit—or small, full-time medical department of health, staffed with a medical director, a nurse, a sanitary inspector and a clerk. The cost will be shared between the municipality itself, the Manitoba Government, and the Rockefeller Institute.

In this way, the province of Manitoba follows the lead of Quebec, Saskatchewan, and British Columbia, all of which provinces have County Health Units.

This unit plan, which has been endorsed by scores of farmer organizations is unanimously chosen by public health workers as the only workable scheme that has been evolved, to date, for giving rural areas the same protection that big cities with their expensive, efficient Departments of Health have enjoyed for several years.

For years public health officials have realized that rural health management is totally inadequate. Canadian cities have reduced typhoid fever, diphtheria, maternal mortality, infant mortality and other menaces of life and health, until today the city is a healthier place to live in than the country. The rural areas have not kept step with the cities because their sparser population has not been able to afford the high cost of efficient health management. Part-time medical officers of health have not been able to cope with the situation.

Some years ago, Quebec led the way to a solution of the problem, when in Beauce County, a full-time unit similar to that being created in St. James, Manitoba was organized. Within two years it had saved between two and three hundred lives. Today Quebec has 17 such County Health Units—and soon she expects to have 25.

The cost of such a unit is indicated by the budget of the St. James unit. This will cost \$10,000 a year. St. James will provide \$3,500.34 of this, the Rockefeller Foundation \$2,500.00, and the Provincial Government \$4,100.66. The Rockefeller Foundation will continue to render financial assistance over a period of three years, reducing the grant by one-third each year. The fourth year's operations will be financed fifty per cent. by St. James and fifty per cent. by the government.

According to Mr. Spencer's plan, however, St. James would only pay one-third, the remaining two-thirds of the cost being equally divided between the Province and the Dominion. The backers of the plan feel that the average rural community could not afford to pay as much as one-half of its health bill under the new plan.

Canada Has Best Pulp Wood

There is no greater pulp wood in the world than Canadian spruce. In the paper industry white spruce is the most important raw material, and for that reason is chiefly responsible for the fact that there is at present an investment of \$600,000,000 in the pulp and paper industry in Canada with products valued at over \$220,000,000 annually.

The British Coat Of Arms

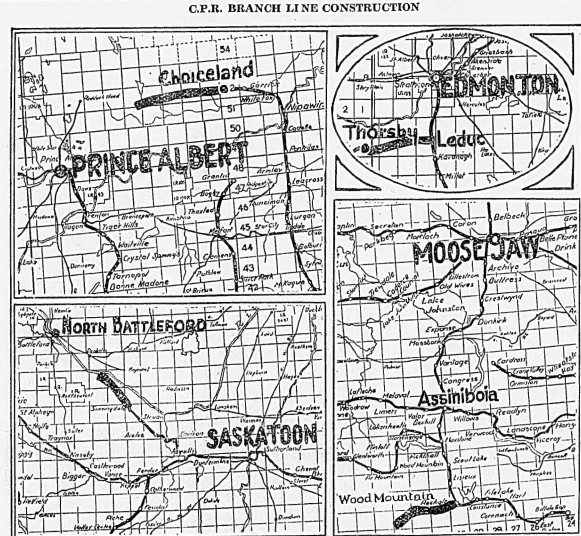
The lion and the unicorn used in the British coat of arms were introduced by James the First. The lion is common in the heraldry of England, and the unicorn had long been a favorite supporter in Scottish heraldry.

The Zeppelin is soon to make another annual trip. Our idea of a soft job is that of the man who gets out the Zeppelin timetable.



"I gave you a plate of soup yesterday, and today you return with another man."

"Yes, I have taken a lodger."—Hummel, Hamburg.



Less than half of the Canadian Pacific Railway's present grading construction programme on branch lines in the west is represented in the ninety miles of new line indicated on the sectional map reproduced above. Contracts are let for these four sections of road, which touch Chislewood and Prince Albert, Sunningdale, Rockglen in Saskatchewan, and Leduc-Thorsby in Alberta. It is expected that tenders will be let this month for a greatly increased amount of grading for branch lines. The roads pictured lead into some of the rich farming lands of Saskatchewan and Alberta. They are indicated by the heavy lines.



"My rheumatism will not get better."

"Have you tried baths?"

"Yes, I had one once but it did no good."—Karikaturen, Oslo.

When Babies FRET

There are times when a baby is too fretful or feverish to be sung to sleep. There are some pains a mother cannot put away. But there's no time when any baby can't have the quick comfort of Castoria! A few drops, and your little one is soon at ease—back to sleep almost before you can slip away.

Remember this harmless, pure vegetable preparation when children are ailing. Don't stop its use when Baby has been brought safely through the age of colic,



diarrhea, and other infantile ills. Give good old Castoria until your children are in their teens! Whenever a doctor gives a tell of constipation; whenever there's any sign of sluggishness that needs no stronger medicines to relieve. Castoria is pleasant-tasting; children love to take it. Buy the genuine—with Chas. H. Fletcher's signature on wrapper.

SILVER RIBBONS

BY—CHRISTINE WHITTING PARMENTER

Copyright 1929

CHAPTER X.—Continued.

Long after the dust raised by Jim's car had vanished, the old lady still watched the road at the point where he and Charmian had turned to wave.

"Well," she sighed, "I kind of wish I knew how I'll all end. I can't help being fond of Jimmy. He's a good boy, and he'll make some woman a splendid husband—that is, if she's not too fantastical in her way of thinking. Sometimes I believe that all there is the matter with him is just being tied too close to Wickfield. There he was, all ready to go to Harvard along with Billy Knowles, and that fool of a Sarah Bennett took on so about his leaving her that he gave it up and went into the bank instead. What Jim needs is a fresh outlook, but dear knows when he'll get it unless his mother should be removed by a merciful Providence, and she's uncommon healthy."

At this point Grandma's thoughts were interrupted by Lizzie Baker's Persian cat, which, being vigorously chased by the Merriys' Gyppoo, took refuge in a horse chestnut tree across the way.

"No need of you standing there glaring at her, Gyppoo," admonished Grandma. "The good Lord knew what he was about when he gave pussy her claws. That's it, you dig up a bone and go along home peaceable, there's a good dog. I expect that cat'll die of heart failure some day."

Grandma nodded for a moment, and when her eyes opened her thoughts had returned to Charmian, Jim Bennett, and their problems.

"Mr. Jimmy could just get so he'd see things the way she does—poetry, and surmises, and small-paneled windows in old houses," she mused, "it would be all right. . . . Now that young doctor, he understands without explaining. . . . If Charmian let the biscuits burn while she watches a sunset (though come to think of it she never did do such a thing), why he'd just laugh about it. He's good-natured, and not too fussy about what he eats. I've no doubt he'd make her a more suitable husband than Jimmy Bennett would. . . . He's more her sort. . . . and yet—Good land alive! she broke off suddenly, "Here comes Lizzie Baker on the run! I wonder is the Town Hall burning. I haven't seen her run for fifteen years!"

CHAPTER XI.

What's happened?" asked Grandma, as her old friend puffed into the room and sank down breathless on the nearest chair. "You shouldn't run at your age, Lizzie, heavy as you are. Have you had bad news?"

Instant Relief!
Corns
Sore Foot Problems
POTNAM'S
Corn Extractor

W. N. U. 1836

can get rid of his worn-out clothes and credit for being charitable at the same time."

"I dunno but what a string of beads would be more use to the heathen than that old sack that the deacon found up attic and donated, last time we packed a barrel," answered Miss Lizzie. "It took up a powerful lot of room, though I put a cracked butter dish inside it, and some woolen stockings. Savages are partial to beads, so I've always heard, so like as not the heathen are, too; and the beads would cover a little of their nakedness, which a hat wouldn't."

Grandma's lips twitched with amusement as she replied: "Somehow, Lizzie, I don't think Ed Purdie is counting on giving those beads to the heathen. Luella Moore isn't the only pebble on the beach, as you used to say, and if she won't have him, he's likely to look further. Maybe he'll ask you."

"Me!"

In her indignation Miss Lizzie tried to rise, but as she was what they call "fleshy" in Wickfield, and the chair was a small rocker with arms, which showed a tendency to rise with her, she sank back helplessly and said: "I'm ashamed of you, Grandma Davies! Why, I wouldn't take Ed Purdie, not if he was covered entirely with beads like the bag that city woman carried to the strawberry festival!"

"There!" there!" soothed the old lady. "I didn't mean to get you all stirred up. If he did ask you, Lizzie, it would be the only sensible thing he's done since he asked his first."

"Well," sighed the caller, retreating enough to smile at this tribute, "I dunno but what you're right, though so far I know, no man has ever agreed with you. P'raps it's just as well, I've always thought a proposal would be a terrible embarrassing thing to live through."

Grandma's eyes twinkled.

"So it might be, Lizzie, under certain circumstances," she admitted. "You got to get this quick!" as Miss Lizzie made another effort to leave the chair. "If Charmian was only home I'd ask you to stay to dinner; but I guess we won't have much but a pick-up. She's gone over to South Wickfield with Jim Bennett to collect a mortgage or something."

"I see 'em start." With a firm wrench Miss Lizzie extricated herself, and arose. "I'm glad that Jim has come to his senses and dropped that Darling girl. He ain't taken her but once since the strawberry festival, and even then mother invited her to supper and he had to beau her home. And she leaves town the last of the week. I declare, Grandma, it'll be a load off my mind, havin' her go. That green hat is a blot on the landscape, and when I see that young doctor of yours walkin' home with it after mall time last night, I declare it was time to do something about it, or my name's not Lizzie Ann Baker."

"Did he walk clear to the house with her?" questioned Grandma eagerly.

"That he did! and lallygagged around the gate for fifteen minutes. Mrs. Merry says she's a vampire, whatever that is—nothin' respectable. I'll be honest. I meant to look it up in the dictionary, but I clean forgot. Dear me! I wish Ed Purdie would ask her!"

"My stars!" breathed Grandma, awed before this inspiration. "I wonder he hasn't thought of it himself, Lizzie. There's no fool like an old fool; and those yellow heads would have been real becoming to that Darling girl. Thanks for bringing me the news, my dear; but don't you run so fast again or it's likely to be a matter of life and death—to you."

(To Be Continued.)

Storekeeper: "Shall I draw the chicken for you, madam?"

Young Bride: "No, thank you. Your description is quite sufficient."

FROM MOTHER OF EIGHTEEN

Read How This Medicine Helps Her

Cardston, Alberta.—"I am fifty-eight years old and the mother of eighteen living children. We live on a farm, and I am a very healthy mother considering that I have such a big family to work for. The druggist first told me about Lydia E. Pinkham's Vegetable Compound, and I have depended on it for many years. When I had this picture taken, the photographer was telling me about his wife's ailments and after I told him about the Vegetable Compound, he went to the drug store and bought two bottles."—Miss BERTHA SALLENBACH, Shi, Cardston, Alberta.

HEADACHES

Needless pains like headaches are quickly relieved by Aspirin tablets as millions of people know. And no matter how suddenly a headache may come upon you, you can always be prepared. Carry the potent little tablets of Aspirin at home. Read the proven directions for pain, headaches, neuralgia, etc.



Vienna Uses Science In Detecting Criminals

Can Convict Man Who Believes He Has Left No Trace

Some may be inclined to smile at the idea of Dr. Wilfred Dornier of Montreal, a criminal laboratory for Ontario, but it is a valuable suggestion. Science has played an important part in murder trials, particularly in poison cases and in the analysis of spots of blood, but a criminal laboratory can go much further than that.

In no country has science been developed to such a fine art in criminal detection as in Vienna. Here is a case in point.

A man was found murdered with a pocket knife in his heart. The owner of the knife proved that it was stolen from him some months before, and that he had nothing to do with the murder. The knife was turned over to a professor at the university, who took it to pieces and analyzed the debris which had collected between the blades from the pocket of the man who had been carrying it. He found tiny pieces of twist from the lining of the coat pocket, and came to the conclusion that the coat was of a kind of yarn used by English manufacturers in the making of what are called "Norfolk coats."

With that clue, the police set about finding a Vienna tailor who sold English suits of that kind. They found him, and then by examining his books they checked up on the movements of all persons who had bought Norfolk suits within a certain time. Ultimately, they laid their man by the heels and he was convicted.

A criminal laboratory can convict a man who has committed what he may consider a perfect crime without leaving any trace.

Displayed His Originality

Mark Twain Started Literary Career On His Brother's Paper

Long-sought newspaper files containing original first works of Mark Twain, famous humorist, and described by him in his autobiography as representing "my first literary venture," have at last been discovered, in Hannibal, his native home. They reveal the boy Sam Clemens (Mark Twain), in his teens, as substituting as editor of his brother's newspaper there, and striving to "liven up" the columns of the paper with his wit. His methods reveal him as even then richly possessed of the ingenuity he later displayed in his famed fiction characters, Tom Sawyer and Huckleberry Finn.

The return of Orion, to discover that his young brother had been making the paper "spicy," is indicated in an editorial, by the editor, May 18, 1853, saying that "Rambler and his editorial edict seems to have ended Mark Twain's fun, and what probably was his very first literary and journalistic efforts."

Was Queen Alexandra's Friend Honorable Charlotte Knollys, companion and intimate friend of the late Queen Alexandra for more than half a century and one of the best known figures in court circles, is dead at the age of 95, Queen Alexandra frequently referred to her as "my beloved Charlotte," and on one occasion created a precedent by refusing to leave London for Sandringham at Christmas time because of the illness of her friend.

Taft's Will Filed

The will of William Howard Taft, former president of United States and former chief justice of the Supreme Court, has been filed. It leaves most of the estate to his widow with the exception of a few individual legacies.

Count Tolstoy, the Russian author, always went hatless and barefooted no matter what the weather.

Pompous Person (having collided with small man)—I wish you'd look where I'm going, sir.

Minard's Checks Filling Hair.

Made Long Journey

Tern Banded In Labrador Was Seen In Southern Africa

A common tern, member of the gull family, was banded in northern Labrador by Oliver H. Austin, Jr., in July, 1928. Fourteen months later it was banded and examined at the southern tip of Africa on the Indian Ocean, 9,000 miles away, which is thought to set a record.

The tern, or sea swallow, is usually smaller than the gull. Its bill is more slender, its feet not so strong, and its flight more graceful and dashing. The common tern is pure white with a cap and mantle of bluish gray and is sometimes hunted for its feathers. The all-white species live on Pacific islands; those with darker coats are widespread.

KEEPING BABY LOVELY AND WELL

Some babies thrive from the hour of their birth while others make so little progress as to be the cause of much anxiety. As a rule it is the most delicate child that is at fault with these backward ones and they start to go ahead directly Baby's Own Tablets are made the corrective of their stomach and bowel troubles.

Baby's Own Tablets are specially designed for the use of babies and little children. They are absolutely safe and the mother can feel perfectly secure in giving them to even the most delicate child. They are a mild but thorough laxative which banish constipation and indigestion; break up colds and simple fevers and allay the pains which accompany the cutting of teeth. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Fame Is Transitory

People Who Perform Unimportant Exploits Soon Forgotten

An English adventurer proposes to dive off the Ambassador Bridge at Windsor, a distance of 160 feet above the water. The honor to be won by such exploits is extremely transitory, as was proved in the case of Steve Brodie. A gentleman once took his son to the spot on the Brooklyn Bridge from which Brodie had made his celebrated leap and said: "Yes, my boy, this is where Brodie jumped off the bridge." "Jumped off it?" echoed the boy. "I thought he jumped over it."

Worms cause fretfulness and rob the infant of sleep, the great nurser. Mother Graven's Worm Exterminator will clear the stomach and intestines and restore healthfulness.

A Calgary aviator flew his plane both ways over the highest peaks of the Rockies. The more these things happen the more veneration we have for the men who went through and over the Rockies with dog-team and pack-sack.

If Skinny, Beware, Says Doctor. Gain Quick

New Ironized Yeast Adds 5 to 15 Pounds In 8 Weeks, New Health, Strong Nerves—Or No Cost

"Skinny folks subject to many grave diseases," says an eminent physician. When sick they lack reserve strength and many die. Don't run risk of dangerous disease from skininess. New Ironized Yeast adds 5 to 15 lbs. in 3 weeks. Ends nervousness, constipation, indigestion over night. Clears skin like magic. New pep first day.

Two great tones in one. Weight-building Malt Yeast, and strengthening Iron. Far stronger than immediate yeast. Results in half time. Get new health and weight quickly. Get pleasant tablets of Ironized Yeast from druggist today. Feel grand tomorrow. If not delighted, manufacturer refunds your money.

Little Helps For This Week

"They that seek the Lord shall not want any good thing."—Psalm xxxiv, 10.

Father! replenish with Thy grace This longing heart of mine; Make Thy quiet dwelling-place Thy sacred, inmost shrine! Forgive that oft my spirit wears Her time and strength in trivial cares; Enfold her in Thy changeless peace, So she shall all but Thee shall cease.

—Angelus Silesius.

God is Alpha and Omega in the great world; endeavour to make Him so in thy little world. Make Him thy evening epilogue and thy morning prologue; practise to make Him thy last thought at night when thou sleepest, and thy first thought in the morning when thou awakest; so shall thy fancy be sanctified in the night, and thy understanding rectified in the day. So shall thy rest be peaceful, thy labors prosperous, and thy death glorious.—Quarles.

It Testifies For Itself.—Dr. Thomas' Electric Oil needs no testimonial of its potency other than itself. Whoever tries it for coughs or colds, for cuts or contusions, for sprains or burns, for pains in the limbs or body, will know that the medicine proves itself and needs no guarantee. This shows why this Oil is in general use.

Interested In Grain Show The commissioner of agriculture of the state of Montana writes that there is much interest in the World's Grain Show in that state. The officials are encouraging growers to enter the contest most whole-heartedly and to begin the preparation of exhibits this season.

Mauna Loa, in Hawaii, is the largest active volcano and mountain-mass in the world.

Use Minard's for Burns.

The Spaniards were among the early explorers of the coast of Southern Alaska.

Gyproc Gives PERMANENT PROTECTION

MADE from Gypsum rock, Gyproc Wallboard does not burn. And this year it has a new smooth Ivory finish that needs no decoration (when panelled) although you can tint, paper or plaster it if you wish.

Structurally strong, inexpensive, easily and quickly put up, Gyproc Wallboard gives permanent fire protection to the walls, ceilings and partitions of your home.

Your dealer's name is listed below. Ask him for complete details of this pioneer Canadian fire-safe Gypsum board or write for free interesting book, "Building and Remodelling with Gyproc."

GYPSUM, LIME AND ALABASTINE, CANADA, LIMITED

Winnipeg — Manitoba

THE NEW IVORY

GYPROC
Fireproof Wallboard

The Chinook Advance

Published by Mrs. M. C. Nicholson every Thursday afternoon from The Advance Building, Main Street, Chinook, Alberta, and entered in the postoffice as second class mail matter. All letters addressed to the editor for insertion in The Advance, must be signed to show bona fides of the writer. Publication in all cases is subject to the judgment of the Publisher. We do not necessarily coincide with views expressed.

The subscription rates to The Advance are \$1.50 per annum in Canada and \$2.00 outside of Canada. The transient advertising rates in The Advance are—display, 40c per inch for first week and 30c for each succeeding week, providing no change is made. For heavy composition an extra charge is made for first week. Reading notices, 10c per count line. Legal advertising, 15c per count line for first week and 10c for each succeeding week. Cards of thanks, \$1.00.

The Advance is a member of the Canadian Weekly Newspapers Association and the Alberta Weekly Newspapers Association, and observes the prices and conditions of these organizations.

Heard Around Town

Mrs. C. E. Neff, who has been spending a week with her daughter, Mrs. J. C. Turple, returned on Tuesday.

Misses Ida Marcy, Muriel McIntosh and Ethel Young returned to Calgary on Monday to resume their studies at Normal school.

Owing to holding the half holiday on Wednesdays the Ladies Aid meeting has been changed to Thursday and will be held next week at the home of Mrs. C. W. Rideout at 3 o'clock p.m.

A change has been made in the date of the annual sports day in Chinook. Owing to the fact that the date formerly set interfered with the school examinations, the committee in charge have decided to hold this event on Tuesday, July 1. A base ball tournament, children's sports and other exceptional attractions will be the program of the day, ending with a grand dance at night. The committee appointed will spare no pains in making this event the greatest ever held in Chinook.

Collholme Collections

The district has been thoroughly revived by the recent rains of Monday and Wednesday of last week. The pastures have been especially beautified by the showers as they are already turning very green. Seeding is just about completed.

Miss Estelle MacKinnon was ill for a short time last week with a cold.

Mr. and Mrs. A. V. Brodine, and family visited in the district on Sunday.

Horse shoes are being played these days in the Collholme school yard. Grades 1. to X. as well as the teacher are anxious to learn the art of ringing the peg. Unfortunately the willing players have no expert to teach them. James Wilson is the referee.

N. D. Stewart suffered from a severe cold over the week.

Miss J. G. Morrison, R.N., was called on Sunday by Dr. Esler to nurse at the Ford home, on the Hocart farm. Mrs. Ford is very ill with pneumonia.

Miss Pearl Stevenson was the soloist in the Sunday school on Sunday last. Mrs. W. Wilson and Mrs. C. B. Brown sang a duet during the service. Elmer Spreen man will be the artist in the near future.

In a very few years we hope to be able to see J. C. Turple stand back and watch his two very capable sons execute their abilities in whichever way they choose.

Mr. Horne, the Rawleigh man, was in the district last week.

Mr. and Mrs. C. B. Brown and family and Messrs. Brown and Wilson spent Sunday at the home of Mr. and Mrs. W. W. Wilson.

The business of charging batteries of W. S. Lee and Cooley Bros. may be reduced some if Walter Spreenman ever perfects that windmill which he is modelling to run a generator. The only problem is—when to get a generator and how to fix it.

Twin calves arrived at the N. D. Stewart farm a short time ago.

Heard Around Town

Mr. and Mrs. W. M. Crockett and family, of Youngstown, visited with Mrs. Nicholson on Sunday.

Miss Margaret Young, of Hanna, spent a few days this week at the home of her parents, Mr. and Mrs. Jas. Young.

Evelyn and Everett Vennard (twins) gave a party to a number of their little friends on Saturday, May 3rd, the occasion being their eleventh birthday.

Harmon Vanhook entertained a number of his boy friends, also Mr. Korek and Mr. Evans of the teaching staff, to dinner Friday afternoon, the occasion being his birthday.

The regular meeting of the W. I. met at the home of Mrs. Rideout on Wednesday afternoon, with an attendance of 16 members and two visitors. It was voted to send a delegate to the convention in Calgary May 20 to 23, and also to have a refreshment booth on Sports Day, July 1st. Mrs. Sel Kirk, constituency convener, was present and addressed the meeting. Mrs. Hurley gave an interesting paper on Child Welfare and Public Health.

We are glad to report that Mrs. H. Ford, who has been very ill with pneumonia, is recovering. Miss J. Morrison R.N. is attending her. As Mr. and Mrs. Ford had just a few days previous to her illness moved into the district and had not gotten their things unpacked, some of the ladies kindly took the small children to keep until their mother recovered. Mrs. Richard took the 3-months old baby, Mrs. M. L. Chapman took one child, Mrs. A. V. Brodine two and Mrs. S. H. Smith one.



MAIL CONTRACT

SEALED TENDERS, addressed to the Postmaster General, will be received at Ottawa until noon, on Friday, the 6th June, 1930, for the conveyance of His Majesty's Mails, on a proposed Contract for a period not exceeding four years three times per week on the route, Excel Rural Route No. 2, from the 1st October next.

Printed notices concerning further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Office of Excel, Alberta, and at the office of the District Superintendent of Postal Service.

J. B. CORLEY, District Superintendent of Postal Service, District Superintendent's Office, Calgary, Alberta, 24th April, 1930.

COMPLETE YOUR TRAVEL ARRANGEMENTS AND BUY YOUR Steamship and Rail Tickets FROM THE LOCAL AGENT CANADIAN NATIONAL He represents all Rail and Steamship Lines To All Parts of the World.

Small Advertisements

Advertisements under this heading are charged at the rate of 50c for 25 words or less per week, with 10c for each additional 5 words. Three weeks for the price of two.

WANTED—The news from every part of the Chinook district. Send it in.

FOR SALE—Banner seed oats—S.A. Wilton, section 5-26-7, Kearville P.O., Chinook, Alta. p1-3

FOR SALE—Second hand C.M.C. Motor Bike, 22 inch, in good condition. Apply at this office.

FOR SALE or RENT—West half of section 33-29-7-4, 5 miles due north of Chinook, small house, born 24x30 with shingled roof, 2 granaries, flowing spring, 160 acres broken. For information, write D. Needham, general delivery, Calgary, Alta. p2-4

Church Announcements

Bible study will be held at the A. V. Roberts home on Friday evening, May 9, at 5 o'clock.

CHINOOK UNITED Sunday School every Sunday 11 a.m. Sunday, May 11—Service 7:30 p.m. You are cordially invited to worship with us. Pastor, J. D. Woollett, B.A.

CHINOOK CATHOLIC Service Second Sunday Every Month Mass at 8 a.m.

Canada, Argentina and Russia lead all other countries in buying power farming machinery from the United States.



MAIL CONTRACT

SEALED TENDERS, addressed to the Postmaster General, will be received at Ottawa until noon, on Friday, the 6th June, 1930, for the conveyance of His Majesty's Mails, on a proposed Contract for a period not exceeding four years three times per week on the route, Excel Rural Route No. 1, from the 1st October next.

Printed notices concerning further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Office of Excel, Alberta, and at the office of the District Superintendent of Postal Service.

J. B. CORLEY, District Superintendent of Postal Service, District Superintendent's Office, Calgary, Alberta, 24th April, 1930.



ONE ROAD TO INDEPENDENCE

Alberta 4%

Demand Savings Certificates

DENOMINATIONS, \$5.00 TO \$10,000.00 PAYABLE ON DEMAND

For further particulars write or apply to HON. R. G. REID, Provincial Treasurer, PARLIAMENT BUILDINGS, EDMONTON, ALBERTA. W. V. NEWSON, Deputy Prov. Treasurer.

VACATION TIME

go for a week, a month or more, but go!

DELIGHTFUL RESORTS

FROM COAST to COAST

offer ample scope for your favored recreations



Travel in comfort on the famous transcontinental trains. "Continental Limited" and the "Confederation." Railways—an attractive feature on Canadian National de luxe trains. The Canadian National, first in the world in providing this facility.

LOW FARES

May 15th to Sept. 30th. Final return Oct. 31st.

CHOICE OF ROUTES

For full information ask any Agent of the Canadian National Railway.

Travel CANADIAN NATIONAL The Largest Railway System in America

H. HOWTON

Kalsomining Painting Renovating Furniture

1930 WALL PAPERS

are here. See them. Prices ranging from 10c per roll up

FOR SALE

640 ACRES—Section 34, Township 28, Range 8, west 4th Meridian—\$6000; one-third cash; balance arranged; full particulars.

I. D. RAE

Royal Oak Hotel, Burnaby, B.C., VANCOUVER, B.C.



CROCUS LODGE, No. 115, A.F. & A.M. meets at 8 p.m. on Wednesday on or after full moon. Visiting brethren cordially welcomed. Jas. Rennie, W.M. R.W. Wright, Sec.

Chinook Beauty Parlor

First-Class Work at Reasonable Prices. Open on Monday afternoons during the time of the Wednesday hall holidays.

Miss Mac Peterson, Prop. Phone 5, CHINOOK

FRANK V. HOWARD

Visits Chinook Every Saturday. PIANO, THEORY and HARMONY. TERMS: \$1.00 PER LESSON.

Pianos and Organs Tuned and Regulated. Address: YOUNGSTOWN, Alta.

W. W. Isbister General Blacksmith

Coulters and Dics Sharpened, Horse Shoeing and General Wood Work Repairing. ALL WORK GUARANTEED. CHINOOK

King Restaurant

CHINOOK

MEALS AT ALL HOURS

PRIVATE BOOTHS

Cigars, Tobaccos, Soft Drinks, Candies and Ice Cream

Chinook Cafe

Meals and Lunches Served at Any Time. Ice Cream and Candies. MAH BROS., Proprietors

WALTER M. CROCKETT, LL.B.

BARRISTER SOLICITOR NOTARY PUBLIC YOUNGSTOWN, ALBERTA

Motor Truck Delivery

Prompt Service, Prices Reasonable. M. L. CHAPMAN, Chinook

J. W. Bredin

Licensed Auctioneer. For Dates Phone 4 or Write Box 49. CEREAL

Franca Meade, 14, of Keokuk, Ia., who fell from a train going 50 miles an hour and was unhurt, said she enjoyed the experience.

HORN BRAND

THIS BEER CONTAINS MORE THAN 2% PROOF SPIRITS

NET CONTENTS 12 FLUID GUNCES

RITZ BEER

THE BIG HORN BREWING CO. LTD. CALGARY CANADA

a new brew

RITZ BEER

Produced from Choice

Saaz Sealed Certificate Hops, Selected Rice and Malt

SERVED AT GOOD HOTELS BY THE BOTTLE ONLY

SOLD BY THE CASE FROM OUR WAREHOUSES

Sole Agents for the Alberta Brewing Industry:

DISTRIBUTORS LIMITED

Nearest Warehouse: DRUMHELLER